

# HIDDEN disabilities



Not all disabilities are visible - some are not immediately obvious, such as autism, chronic pain, dementia, anxiety, visual impairment, or hard of hearing. Living with a hidden disability can make life more challenging for many people, but it can be difficult for others to recognize, acknowledge or understand the challenges faced.

Wearing the Hidden Disabilities Sunflower (HDS) can help indicate to people around you, including students, staff, colleagues, and health professionals that you need additional support, help or a little more time.



People who choose to wear the Sunflower to discreetly indicate that they have an invisible disability and may need help, assistance or simply more time.

1. Ask if you can help
2. Be kind
3. Listen closely
4. Have patience
5. Do not judge
6. Show respect



For more information please visit [tinyurl.com/accesshdsf](https://tinyurl.com/accesshdsf)