



# HIDDEN disabilities

The hidden disability sunflower lanyard scheme is a way for adults and children with hidden disabilities to show they need a little support or just a bit more time than most.

The Hidden Disabilities Sunflower suggests happiness, positivity and strength and intends to allow everyone with a Hidden Disabilities to choose to be subtly visible when they need to be.

The scheme first started in 2016 with Gatwick airport. It is now recognised by most UK airports, large supermarket chains, NHS, railway stations, and increasingly in businesses and organisations.



*"Wearing one of the sunflower lanyards ave me the **confidence** to travel unaccompanied, **safe** in the knowledge that **discreet support** would be given if needed."*

Madeleine, lanyard wearer

*"I think it is a **positive** move for both adults and children with hidden disabilities and apparent disadvantages that people take for granted. **Brilliant idea.**"*

Jane, lanyard wearer

*"**Excellent idea** so other travellers **understand** places can be extremely stressful for autistic people. I am now able to travel **without fear.**"*

Donna, lanyard wearer

**Happiness**  
**Positivity**  
**Strength**

Not everyone with a hearing disability wears a hearing aid

Not everyone with a visual disability wears glasses or carries a cane