

The

shaw trust

Disability Power 100

HIDDEN
disabilities 



The Hidden Disabilities Sunflower Scheme is a way for people with **hidden disabilities** to show others they are disabled.

Hidden disabilities are disabilities that other people cannot see, like autism.



The Sunflower Scheme is wearing a sunflower on a green background, usually as a lanyard.

People with hidden disabilities can do this to let other people know they may need extra support or patience.



The Sunflower Scheme is recognised in lots of different settings including universities, shops and public transport.



Website:
www.hdsunflower.com



Twitter:
www.twitter.com/sunflwrlanyards



Facebook:
www.facebook.com/hiddendisabilitiessunflower/



Instagram:
www.instagram.com/sunflowerlanyardscheme/



Youtube:
<https://www.youtube.com/channel/UCFwugIu3GX1aDLhi6WdoJ8g>



TikTok:
www.tiktok.com/@sunflowerlanyard

