

# Not all disabilities look like this



## Assisting individuals with hidden disabilities

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

Trio Healthcare are supporting this important initiative by providing lanyards to ostomates via the Trio Website.



**HIDDEN**  
disabilities

## The Hidden Disabilities Sunflower makes you visible

Wearing the green Hidden Disabilities Sunflower discreetly indicates to staff and work colleagues that the wearer needs additional support, help or a little more time.

## What can you do to help spread the word?

You can become a local advocate by sharing information about the Hidden Disabilities Sunflower with local organisations that you use regularly. Show them this leaflet and encourage them to recognise the scheme too.

If you would like a sunflower lanyard or have any questions, please get in touch  
[careline@triohealthcare.co.uk](mailto:careline@triohealthcare.co.uk)

**sunflower**  
lanyard scheme