



## A dementia card - for when you're out and about

- | If you are out in public, you may need to let other people (for example the bus driver, cafe staff or receptionist) know that you, or the person you support, has dementia.
- | You could simply tell them and state the sort of support you need, but some people find carrying an assistance card helpful. This is especially the case if you need more time to manage a situation, such as:
  - handing over the correct amount of money
  - organising follow-up appointments
  - identifying a bus stop.
- | The card discreetly alerts people that you may require their help and support.
- | You can make your own card or use the template below. Print this page and cut out the card you require. Fold in the middle and stick the sides together to create a single card.

Forward  
with dementia



A guide to living with dementia

[www.forwardwithdementia.org/en/](http://www.forwardwithdementia.org/en/)



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My name is \_\_\_\_\_

**I have dementia.**

Please be patient.

I may need a little more assistance  
and time.

If I seem lost or worried please call:

\_\_\_\_\_

The person I am with has dementia

Please be patient.

They may need a little more  
assistance and time.

**Thank you.**