

# Using this Card

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## Do show

this card to staff or officials so they can help. For example in shops or on buses, trains & planes.

## Don't show

this card to strangers who can take advantage of you.

## Do call

our national Helpline at **1800341341** if you need information.

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Reviewed by members of the Irish Dementia Working Group.  
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THE ALZHEIMER  
SOCIETY *of* IRELAND

[www.alzheimer.ie](http://www.alzheimer.ie)

# I have dementia

I like to be independent but sometimes I need help.

Please see inside this card for information on how you can help me.



My name is

**I have dementia and that means that sometimes I:**

find it hard to say what I need

forget things

find it hard to manage money

feel confused

need help crossing roads

feel lost

other (see below)

.....  
*(tick the boxes that apply to you)*

**It helps me when people:**

Are patient and give me extra time

Ask me how they can help

If I seem very confused or distressed please contact:

Name: .....

Phone: .....

Name: .....

Phone: .....

THANK YOU