

TRAVEL/SHOPPING SUPPORTS

What is the Hidden Disabilities Sunflower?



Some disabilities, conditions or chronic illnesses are not immediately obvious to others. For some people, this can make it hard to understand and believe that someone, with a “non-visible” condition genuinely needs support. Some people question whether you have a disability because you don’t look ‘like you have a disability”. It is a simple tool for you to voluntarily share that you have a hidden disability. Simply by wearing the Sunflower, you’re just letting everyone know that you might need extra help, understanding, or just more time.

While some people experience a disability that is visible, many have a non-visible disability that is not immediately apparent to others. These can be temporary, situational, or permanent. They can be neurological, cognitive, and neurodevelopmental as well as physical, visual, auditory and including sensory and processing difficulties. They also include respiratory, rare diseases and chronic conditions such as asthma, diabetes. As diverse as these conditions are, so are your individual access needs and the barriers you face in your daily life. So, you can opt to wear the Sunflower to discreetly be seen in shops, at work, on transport, or in public spaces. <https://hiddendisabilitiesstore.com/irl/>

Look out for these Sunflower icons



I may need more time



I have a carer/personal assistant.

Please offer me a seat

TFI has partnered with [Invisible Disability Ireland](http://www.invisible-disability.ie) to launch the “Please Offer Me a Seat” Badge and Card for people with invisible disabilities to use when accessing public transport. The “Please Offer Me a Seat” badge and card ensures that people with hidden disabilities have a seat in priority areas on public transport. For passengers with hidden disabilities, the badge does the talking. <https://www.transportforireland.ie/please-offer-me-a-seat-badge-card>



I need a quiet/safe place



I have a hidden disability

Disabled Parking Permit Scheme



The Disabled Parking Permit scheme was born out of a necessity to maintain independence for people with limited mobility. A person with a disability requires access to a disabled parking bay because of its size and access to amenities and facilities. Additionally, accessible parking bays are located near amenities in order for

people to access; work, education, public transport, post office, shops, bank, social events, etc.

In Ireland the parking permit enables the permit holder to park the vehicle in designated on-street accessible parking bay free of charge for an unlimited duration unless otherwise stated.

To apply visit www.iwa.ie or <https://www.ddai.ie/>

What is JAM Card?

Just. A. Minute. That is what JAM Card stands for and that is what it gives you - just as much time and patience as you need in public or social situations.

You can show your JAM Card while you are shopping, ordering food, visiting a bank, using public transport and much, much more. If the business in question is JAM Card Friendly, they will know what your cards means. It's a simple idea that makes a big difference.



Available in card or app form, JAM Card is a discreet, silent and easy device for telling others that you need 'Just A Minute' in any scenario.

Available on app stores or <https://jamcard.org/register/get-a-card>



PRM Assist

PRM Assist has been set up to enhance PRM assistance operations on a global scale. PRM Assist allows the passenger greater control over their journey it will empower them to have confidence and peace of mind when on their travels.

PRM Assist is an accessible mobile application which allows passengers begin their assistance journey at home and have greater transparency and control over their travel needs.

Once downloaded passengers will gain control over their journey by booking their airport assistance and receiving confirmation. Passengers will receive live gate information and flight updates through push notifications as well as many other innovative features.