



A dementia card - for when you are out and about

- If you are out in public, you may need to let other people (for example the bus driver, cafe staff or a 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
 - organizing 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 paste or tape the sides together to create a single card.

Forward
with dementia



A guide to living with dementia

forwardwithdementia.ca



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with dementia



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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.