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Non-Visible Disabilities

- Even though their illness is not visible, people with non-visible disabilities may have trouble completing some jobs.
- A person's ability to react to an emergency may be hampered by non-visible limitations such as communication, cognitive, sensory, mental health, learning, or intellectual impairments. Allergies, epilepsy, diabetes, lung or cardiac illness, and/or dependence on dialysis are examples of conditions.

- Keep a list of contacts handy for emergencies.

- Important people who are aware of your unique requirements should be included on this list.

- Tell your chosen support group where you keep your medications.

- To assist in alerting emergency responders to your unique needs, think about wearing a MedicAlert® bracelet or identification.

- In order to alert others to your location and the fact that you require particular assistance in an emergency, request that panic push-button installations be made in your living and working spaces.

Assisting a person with Non-Visible Disability– what to do

Allow the person to describe the help they need.

Find effective ways to communicate, such as drawn or written instructions, using landmarks instead of general terms like "go left" or "turn right".

Maintain eye contact when speaking to the person.

Repeat instructions (if needed).

If a person needs to take medication, ask if he/she needs help taking it. (Never offer medicine not prescribed by a physician.)