

MY COMMUNICATION CARD

About

A communication card is something that a person can use to communicate to others when they may not be able to find the spoken words.

These can empower the carrier to ask for support. They can be adapted to a variety of situations that can include disclosing a crime or safeguarding issue discretely; accessing services or asking for help if English is not the person's spoken language; revealing distress for someone with a learning or mental health difficulty, or for use by someone who may be prone to wandering or getting lost.

For a carer, they can give reassurance that you should be contacted if the carrier uses the tool, and for a person who creates their own card a sense of safety.

As well as a carers number, you could use a phone number for a crisis service, a friend or family member. It may be helpful to write two just in case the first person or service are not able to respond.

MY COMMUNICATION CARD

A communication card is something that I carry to ask for help in situations where I may need some support.

My name is

I need support because

You can support me by

I may ask you to help me call

Their phone number is:

I may ask you to help me call

Their phone number is:

