

Hidden Disabilities Sunflower (HDS)



- Hidden or invisible disabilities are disabilities not immediately apparent to others. E.g.: chronic illnesses, autism spectrum, dementia, hearing loss.
- Living with a hidden disability can make daily life more demanding, because others cannot identify, acknowledge or understand the challenges experienced by someone with a hidden disability.
- Wearing the HDS discretely alerts people you have an invisible disability and may need extra support, help or time.
- The HDS is an international symbol of hidden disability. Details can be found at <https://hiddendisabilitiesstore.com/>
- In the US, the HDS is recognized at some airports, including MSP.
- Goal: [The Dementia-Friendly Airports Working Group wants to expand recognition and adoption of the HDS throughout the US.](#)
- Learn what you can do.

