

What do the icons indicate, they describe disabilities and support needs that people have.



Match the sentences halves to describe each icon from 1-9

- | | |
|--------------------------|--|
| 1. It's hard for me | a. communicating or making a decision. |
| 2. I need more time when | b. carer or assistant. |
| 3. I can't stand for | c. sensitive to lights. |
| 4. I will need to | d. to access some areas. |
| 5. I cannot use | e. urgent access to a bathroom. |
| 6. I sometimes need | f. long periods of time. |
| 7. I have a | g. a hearing impairment. |
| 8. I am | h. stairs or ramps. |
| 9. I have | i. sit and rest sometimes. |

Traveling with Invisible Disabilities

Follow the flower

1. _____ Air travel can be complicated at the best of times, but for passengers with disabilities, the stressful feelings are **multiplied**. One in six people in the world has some kind of disability which makes access to public spaces difficult. Of these, eighty percent are living with a hidden disability, not immediately **apparent** to others at first sight. What can be done to make everyday experiences like travel more inclusive for this often invisible group?
2. _____ They started offering special green and yellow lanyards with sunflowers on them to travelers who needed extra time or assistance to move through the airport and they trained staff to provide what was needed. The project was such a success that Gatwick shared the idea with other UK airports, and the **initiative** has since **spread** around the world. Today Sunflower lanyards, wristbands and badges are now recognized at airports and other public spaces globally. You can even get a Sunflower sticker for your vehicle.
3. _____ Anyone who wants one can wear one - there's no need to **disclose** the type of disability or personal information, although if you wish, there is space to record these details or an emergency contact on a card attached to the lanyard.
4. _____ For some, a physical disability like a *respiratory condition* means they find standing or walking for any length of time quite difficult. **Fast-tracking** these passengers through long queues, for example at airport security, is possible at some airports, but it's best to book Special Assistance before traveling. Others may have *dementia* or learning difficulties which can lead to problems understanding and remembering information, so having staff take the time to explain or even accompany them to the next stage of travel helps to reduce anxiety. People recovering from a brain injury like a stroke may need extra time to process information and communicate. Those with *autism* may appreciate having a quiet space, away from the **sensory overload** of the noisy, crowded airport environment.
5. _____ Designed in partnership with those with invisible disabilities, these places offer a peaceful, calming environment where travelers can wait for their flights. In order to **safeguard** the space and its users, access may be by request only.
6. _____ It's very important that staff in these places are able to offer the right sort of support, so those businesses and venues that sign up as Sunflower Partners receive training and advice from the Hidden Disabilities Sunflower organization. In addition to providing an improved service for those who need assistance, the aim is to raise awareness of the needs of this group and promote **empathy** and kindness in general.
7. _____ This makes travel much more manageable and some report that the lanyards have made them feel more confident to ask for help. Others say they've enjoyed a sense of community if they catch the eye of another Sunflower lanyard wearer when they're out and about. For people who want to help, spread the word to friends and family and on social media and see if your workplace is signed up.

sources: hdsunflower.com, mindfulmeggie.com, manchestereveningnews.co.uk

Read the article and complete each paragraph with the most appropriate first sentence. one item is extra.

- A. In 2016, staff at Gatwick Airport in the UK had a great idea.
- B. Similar support for those with invisible disabilities is available at stores, museums and sporting events.
- C. Sunflower lanyards are available for free or for a small charge at selected outlets or online.
- D. To this end, a number of airports worldwide have opened "Sunflower Rooms."
- E. The sort of help people with invisible disabilities need varies a great deal.
- F. Sunflower wearers value the ability to access the support they need when they choose to make themselves known.
- G. Wheelchair users experience a range of difficulties in public spaces.
- H. "When do I need to get to the airport? Is my bag too big? Does it take long to get through security?"

Match the words in bold from the article with these definitions

- _____ : ensure the safety of a person who may be in danger
- _____ : increased a great deal
- _____ : making a process easier or quicker
- _____ : reached a wider area
- _____ : reveal new information
- _____ : a feeling that there is too much input (e.g. lights, noise, smells, etc.) for the brain to handle
- _____ : a new plan or project
- _____ : bringing different kinds of people together in a group and treating them fairly and equally
- _____ : easily seen
- _____ : understanding gained by imagining yourself in someone else's situation

Check the last part of the article, what do the expressions in bold mean?

"Others say they've enjoyed a sense of community if they **catch the eye** of another Sunflower lanyard wearer when they're **out and about**. For people who want to help, **spread the word** to friends and family and on social media and see if your workplace is signed up."

1. catch someone's eye

2. out and about

3. spread the word
