

# Information Sheet

## Contact details

Carry contact details and any important health information with you when you go out.

### Card Schemes

There are a number of national card schemes for people with disabilities:

National Disability Card:

<https://www.disabilityid.co.uk/>

Disabled Identification (DID) Card:

<https://www.did-card.co.uk/>

Learning Difficulties I.C.E. Information Pack:

<https://www.iceinfo.co.uk/>

Also, various local authorities and regional police forces have introduced similar schemes. Some of these are listed here:

<https://appropriateadult.org.uk/information/for-vulnerable-people/identifying-vulnerability>