

Hidden Disabilities Sunflower Project

What is the Hidden Disabilities Sunflower?

The Hidden Disabilities Sunflower is a global initiative designed to support individuals with non-visible disabilities. These can include conditions such as autism, anxiety, chronic pain, ADHD, and more. The program helps raise awareness and provides subtle tools, like a sunflower lanyard, that signal a person may need extra time, patience, or assistance.

The Sunflower is a discreet symbol, often worn as a lanyard or badge, that signals the wearer may need additional support, understanding, or patience in public spaces, workplaces, or while accessing services. It's not tied to any specific condition and is entirely optional.

Purpose & Vision

Purpose: To transform everyday interactions for people with non-visible disabilities by creating supportive, accessible, and inclusive environments.

Vision: A world where no one is left out or overlooked, and where people with non-visible disabilities are recognized, respected, and fully included in all areas of life.

Key Facts

- You do not need to disclose what your disability is to use the lanyard. Wearing the Sunflower is simply a way to communicate that support may be needed.
- There is no qualifying list of invisible disabilities - you simply choose to wear the Sunflower to indicate that you may need additional support, help or simply a little more time.
- You also do not need to explain why you are wearing it. Simply by wearing the Sunflower, you're letting everyone know that you might need extra help, understanding, or just more time.
- It is up to the wearer when and where they use it. Some people wear it all the time; others only situationally (during travel, shopping, etc.).



Backpack is not affiliated with the Hidden Disabilities Sunflower Project. This information has been gathered for information sharing purposes only. For the most up to date information, please visit the Hidden Disabilities Sunflower Project website directly.

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Accessibility & Distribution

You can receive a Sunflower lanyard for free from participating Sunflower Members. To find one near you, check the [Sunflower map](#).

Who Uses It & Where

The Sunflower scheme has spread widely since its launch in 2016 (originally at Gatwick Airport).

It spans many sectors: travel, transport (airports, railways, buses, ferries), education (schools, colleges, universities), healthcare, retail, entertainment (e.g. theatres), government services, etc.

Discover Participating Airports for Hidden Disabilities Sunflower Program

Click [here](#) to learn about how airports support travelers with hidden disabilities and a list of airports that are part of this inclusive initiative.

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