



I Am Me

Communication cards



I Am Me Scotland

**If you would like to replace your cards,
please contact us at
iamme@renfrewshire.gov.uk**



How are you feeling?

Upset



Unwell



Scared



Anxious



Bad



Hurt



Confused



Toilet





How are you feeling?

Choking



Worried



Allergy



Abuse



Tired



OK



Unsure



Lost





What has happened?

Argument



Fall



**Something
Stolen**



**Lost Travel
Pass**



**Missed
bus/train**



Pushed/Hit



Unwell/ill



Shout





What has happened?

Followed



Lost



Toilet



I don't know



No Wifi



No Phone



Lost Money



Too Bright





How can I help?

Phone



Ambulance



Police



**Family /
friend/carer**



Water



Wait



Seat



Taxi





How can I help?

Directions



Toilet



Medication



Food



First Aid



**Write something
down**



Contact Card



Wifi





Other Symbols

YES



NO



UNSURE



ABC

DEF

GHI

JKL

MNO



Other Symbols

PQR

STU

VWX

YZ

Cold



Hot



Too Loud



Too Quiet





Disability/Illness

Autism



Dementia



Deaf



Epilepsy



Blind



**Down
Syndrome**



Limb Loss



**Learning
Disability**





Disability/Illness

Spinal Injury



Multiple Sclerosis



Allergy



Coeliac



Diabetes



Diabetes



Tourettes



Dyslexia



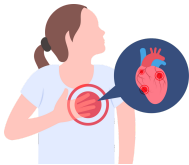


Disability/Illness

PTSD



Angina



Heart Condition



Short stature



Anxiety



Depression



Menstrual Health



Head Injury





Disability/Illness

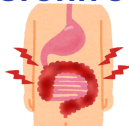
High Blood Pressure



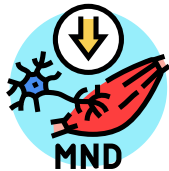
Low Blood Pressure



Colitis / Crohn's



MND



Stroke



Cancer



Muscular Dystrophy



Spina Bifida

