

THE BARRIERS

Some barriers can't be seen



A staircase is obvious. Everyone understands at once: we can't get any further here with a wheelchair. These barriers are not removed everywhere or often enough – but they are widely understood.

Invisible barriers, on the other hand, often go completely unnoticed. The sheer number of burdens increasingly leads to reduced participation, to suffering, pain or withdrawal.

What is still bearable on its own becomes a barrier when it all adds up.

Just a few examples:

- **sensory** – noise, bright light, touch, smells
- **chemical** – fragrances, cleaning products, poor air
- **communicative** – difficult, demanding or reproachful language, forms
- **social** – no place to retreat, rigid routines, stigma, facial expressions, organisational hurdles

The best aid is an environment that responds with heart and understanding.

THE COR.SYSTEM

A sign instead of an explanation

When you're exhausted, you can't explain yourself. The **Cor.System** can help.



To the Romans, "cor" stood for heart and mind. An explainer video and more information are available here.

How someone gives the sign

- 01 **The word** – say or write "Cor." Short enough when everything is hard.
- 02 **The hand sign** – a fist for the brain, a hand as half a heart.
- 03 **The symbol** – on a badge, on the door, on a form.

And this is how you respond: remove invisible barriers – believe instead of judging.

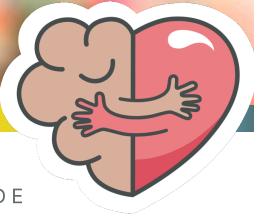


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#dubistnichtallein
#unsichtbarnichtunwichtig
#saycor

IN COOPERATION WITH



INITIATIVE STILLE STUNDE

People with invisible disabilities

and the invisible barriers they face

Why some people fail in situations that others don't even notice – and what each and every one of us can change.



This information is also available in Easy Read.

IF NOTHING CHANGES

The prevention cascade

Most disabilities are invisible. And those who want to help often don't know how. As long as nothing happens, the strain grows – step by step, and every step feeds back:

- 1 **No recovery**
The day demands more than the night gives back.
- 2 **Exhaustion becomes physical**
Chronic stress leaves its mark on the body.
- 3 **The mind withdraws**
Anxiety, withdrawal and depression can increase.
- 4 **No way out**
Help doesn't get through, care breaks down. The hopelessness is real.

WHEN NO ONE STEPS IN
Real crises

For some groups, an increased risk of suicide is documented internationally.

"The cascade makes clear that sensory and communicative barriers must be considered as suicide-relevant stressors."

Prof. Dr. med. Ute Lewitzka, Professor of Suicidology and Suicide Prevention, University Hospital Frankfurt

In a crisis: TelefonSeelsorge (Germany) 0800 111 0 111

Are you disabled?

The social model from the UK says: a person *is* not disabled – they *are* disabled by barriers. Even so, there are groups we should take into account in order to understand barriers.

Physical disabilities	Chronic illnesses
Neurofunctional disabilities	Sensory disabilities

To this day, there is no concrete classification of invisible disabilities.

OUR DEFINITION

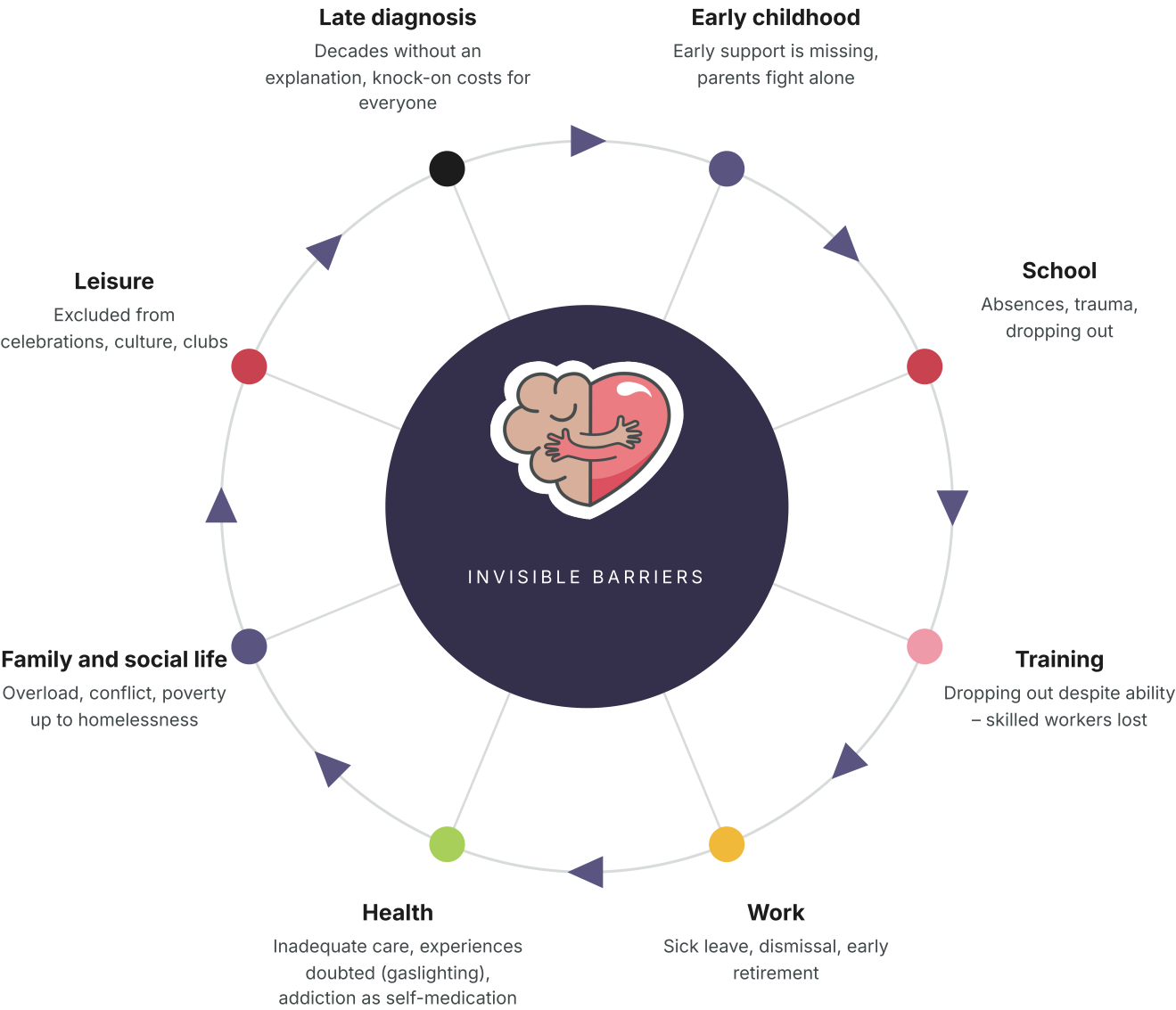
People under persistent strain in four areas – whose participation therefore fails again and again.

- 01 **Sensory processing** – light, noise, touch, smell, chemical substances
- 02 **Executive function** – interpreting, processing, getting started, deciding
- 03 **Pain processing** – pain prevents recovery
- 04 **Stress tolerance** – resilience, psychological strain

Important

It’s not the aid that decides. Someone who uses a wheelchair can also have an invisible disability. What counts is the persistent strain – and the participation that fails because of invisible barriers.

Inside, life. Outside, the cost to people and society.



You can do something

You don’t need a diagnosis or proof – people with invisible disabilities are everywhere. All you need is a little heart and understanding.

- 01
TODAY

Acknowledge and ask – “What do you need?” Don’t make assumptions or play it down.

Look for the barriers – where are things loud, bright, cramped or unclear for us?

Reduce stimuli, offer a quiet space – a Quiet Hour, dimmed lighting, fewer fragrances.
- 02
LONG-TERM

Raise awareness – use the exhibition and materials at stille-stunde.com.

Provide training – for contact persons in education, emergency services, police and public authorities.
- 03
IN THE SYSTEM

Remove barriers – in healthcare, childcare, schools, business, leisure and at events.

Use the Cor.System – the sign and the response are explained on the back.

Prevention means changing the environment – not waiting until someone discloses. And besides: fewer stimuli are good for everyone.