

Managing Sight Loss

Advice for everyday living

Practical Suggestions – for family and friends

- It's not always easy to get the balance of support right between you. It's important that you don't start doing everything for a friend or relative who has recently lost their sight as this will effect the person's ability to feel self-reliant and could undermine self confidence and self esteem.
- Here are some hints and tips you may want to consider:
 - Ask how you can help – don't assume.
 - Ask what a person can and can't see.
 - When speaking to someone with poor sight sit where they can best see you.
 - Avoid strongly patterned clothing as this can cause visual confusion. Maybe wear plain clothing which contrasts with your skin colour.
 - When writing messages use a thick marker pen – check that the size of the writing is appropriate for them.

- **If they are in a new or unfamiliar place walk them through a route.**
 - **If you offer a plate at mealtimes, say what is on it.**
 - **Place for everything and everything in its place - don't leave things lying around.**
 - **Don't move furniture or objects around in someone's home without discussing it first.**
 - **If appropriate, identify that you are speaking.**
 - **Tell them when you're gone.**
 - **Don't creep up!**
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- **Looking after someone can be demanding and stressful and family and friends may need support.**
 - **There may be financial benefits which can help with the cost of caring. Contact the Benefits Enquiry Line on 0800 882200 for further details.**
 - **If you want to chat with someone who understands or want more information and advice, call the confidential Carers Helpline, Carers Direct on. 0845 600 4555.**