

Identifying deafblindness

Thousands of people in the UK are living with sight and hearing loss, but how can you tell whether you, or someone you know, is one of them?

Early signs of sight loss include:

- Difficulty reading books and newspapers or watching TV
- Difficulty recognising people, particularly in unexpected situations
- Often thinking that you need new glasses
- Being uncomfortable in bright and/or low lighting
- Finding it hard to read facial expressions
- Being unable to find something that you have lost without using your hands or asking for help
- Finding it difficult to move around in unfamiliar places or in familiar places that have changed

Early signs of hearing loss include:

- Asking people to repeat themselves or to speak louder
- Difficulty hearing the TV or radio or music and/or having the volume turned up high
- Not hearing the doorbell or the telephone ringing
- Complaining that people are mumbling or speaking too quickly
- Finding it hard to understand unfamiliar people
- Avoiding using the phone

If any of these sound familiar, then we can help. To find out more about what to do next and what support is available in your local area then call us free on 0800 132320.

Contact us to find out more:



0800 132320



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