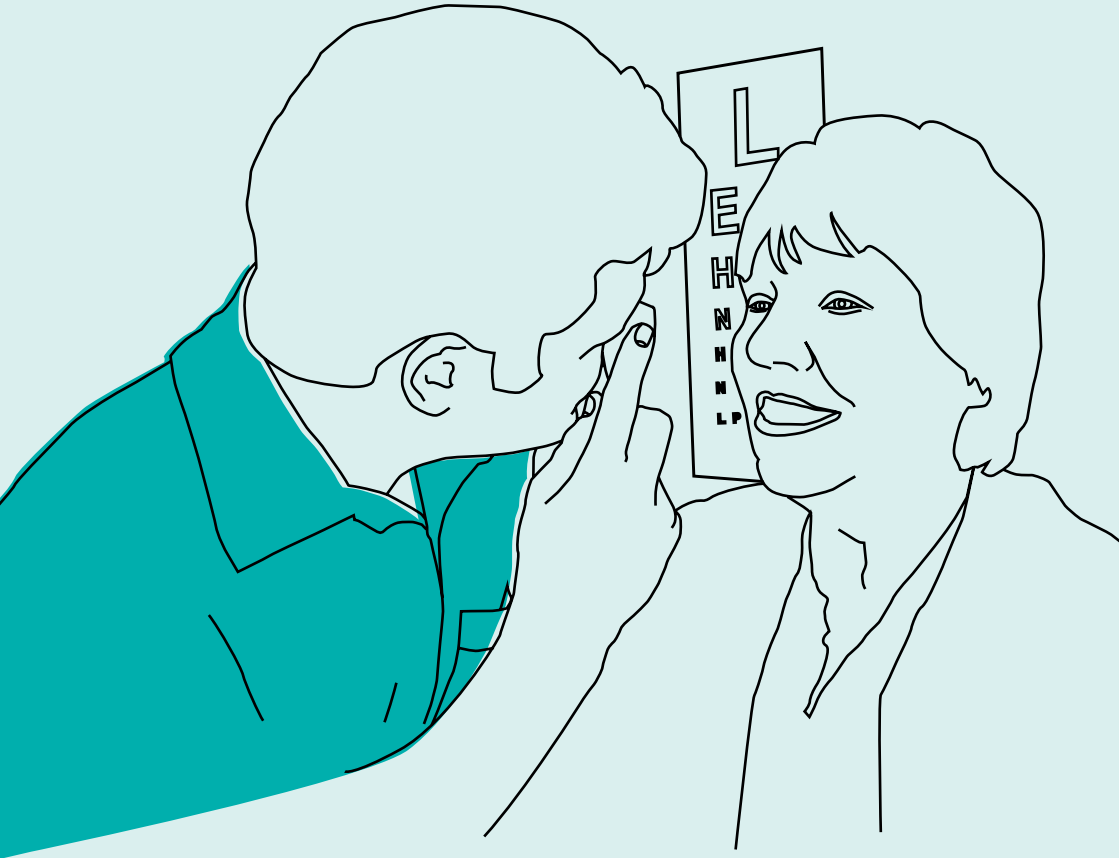


Ten tips to help identify sight loss

2



working together

RNIB Supporting people with sight loss

Action for blind people **A**

Ten tips to help identify sight loss

The advice given here will help you feel confident about spotting the signs for possible sight loss.

- 1 Difficulty with reading or participating in hobbies.
- 2 Problems with distance tasks such as seeing people, street signs or bus numbers.
- 3 Difficulty driving at night.
- 4 Increase in knocks to the body, trips or falls.
- 5 Anxious when negotiating, or missing steps, kerbs or stairs.
- 6 Difficulties in navigating in unfamiliar places.
- 7 Adopting unusual head positioning or holding things up close to their eyes.
- 8 Persistently cleaning glasses or difficulty seeing well with them.
- 9 Hesitancy in sunlight, bright light, or low light.
- 10 Physical changes in the appearance of the eye such as redness, swelling or discharge.

It is recommended that most people should have sight tests every two years unless advised otherwise by an optometrist. If you have not had your sight tested for some time make an appointment with an optometrist (optician) today.