

Tips to help identify sight loss for a person with a learning disability

- Holding objects close to face
- Unusual head movements eg shaking head from side to side
- Eye poking or pressing
- Hesitation or clumsiness in bright light, low light or both
- Increase in falls, trips or knocks to the body
- Difficulties when negotiating steps, kerbs or stairs
- Difficulties when entering and navigating in unfamiliar places
- Search for objects with hands
- Knocking over table top items
- Look for physical changes in the appearance of the eye such as redness, swelling or discharge

People with learning disabilities are 10 times more likely to have sight problems than other people.

Remember to have an eye test every 2 years if under 60 years old and annually if over 70 (annually if over 60 in Scotland). In Scotland eye tests are free to everyone and in the rest of the UK, free to those over 60.

For information: 0303 123 9999
or visit rnib.org.uk/learningdisability

working together

RNIB Supporting people
with sight loss


Action for blind people

Action for Blind People reg charity no. 205913
RNIB reg charity nos. 226227 and SC039316