

Tips to help identify hearing loss

- Setting the TV or radio at a very high volume.
- Struggling to hear on the telephone.
- Need to have things repeated.
- Complaining about others mumbling.
- Failing to react when spoken to.
- Struggling to follow conversations in noisy environments.
- Changes in behaviour, such as becoming more withdrawn or not taking part in conversations, activities or hobbies.

Be aware that 70% of over 70-year-olds have some level of hearing loss and that there is a 10-year delay in people seeking help for their hearing loss.

**For information on hearing loss, phone 0141 341 5330
(Textphone 0141 341 5347)**

www.actiononhearingloss.org.uk

Tips to help identify sight loss

- Difficulty with reading or enjoying hobbies.
- Unable to recognise people and locate objects.
- Observe hesitation or clumsiness.
- Increase in knocks, trips or falls.
- Anxious when negotiating or missing steps, kerbs or stairs.
- Difficulties in navigating in unfamiliar places.
- Adopting unusual head positioning or holding things up close to eyes.
- Persistently cleaning glasses or difficulty seeing well with them.
- Hesitancy in sunlight, bright light, low light or both.
- Look for physical changes in the appearance of the eye such as redness, swelling or discharge.

Remember to have an eye test every 2 years or annually if over 60 years old. One in five people aged 75 and over are living with sight loss.

For information on sight loss, phone 0131 652 3140
www.rnib.org.uk/scotland