

Tips to identify signs of sight loss in people with learning disabilities

R N I B

See differently

People with learning disabilities are 10 times more likely to have sight loss, than someone who doesn't have a learning disability.

Someone might have sight loss if you observe the following behaviours:

- Holding objects close to their face.
- Unusual head movements or shaking their head from side to side.
- Hesitancy in bright light, low light or both.
- Increase in falls, trips or knocks to the body.
- Requiring more support when in new environments.
- Searching for objects with their hands or knocking over items.
- Any signs of changes to the eye e.g. redness, swelling or discharge, should be noted and an appointment made with an optometrist.
- Eye examinations are an important part of staying healthy. If a person shows any signs of sight loss, or changes to their vision, seek advice from a local optometrist.

Sight Loss
Advice Service

We're here for everyone affected by sight loss.

Get in touch with us
on **0303 123 9999**
or visit **[rnib.org.uk/advice](https://www.rnib.org.uk/advice)**

For more information
about learning disabilities
and training available
for professionals visit
[rnib.org.uk/care-professionals](https://www.rnib.org.uk/care-professionals)