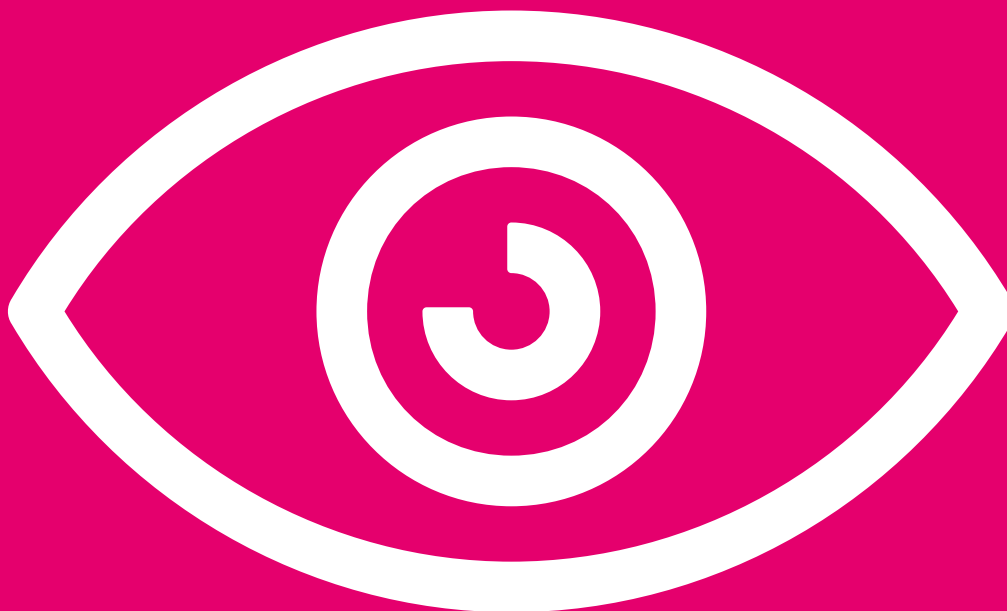


**.henshaws tips, tricks and tech for
living with sight loss and dementia**



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beyond expectations

1 spotting sight loss in
someone who has dementia





1. spotting sight loss in someone who has dementia

Look out for the following signs:

- Struggling to read e.g. leaving post unopened
- Finding it difficult to recognise familiar faces
- Walking cautiously and apprehensively
- Avoiding or struggling with simple chores e.g. not washing the dishes, wearing dirty clothes
- Anxious about going out
- Stumbling and tripping more often.

Remember: The signs of dementia and sight loss are often the same, so always ask yourself; ‘Could this be a sign of sight loss, or could sight loss be contributing to the symptoms?’

What to do if you suspect sight loss?

- Check glasses are Clean, Current and Correct (the 3 C’s)
- Visit your local opticians for a sight test. This will identify correctable sight loss and enable eye health to be managed and maintained.

For more tips and tricks on how to deal with sight loss visit:
henshaws.org.uk/knowledge-village





we are here for you...

Henshaws is a charity that helps people living with sight loss and a range of other disabilities to achieve their ambitions and go beyond expectations. We believe that everyone has the right to an independent and fulfilling life. Our support, advice and training helps people and their families build skills, confidence and look forward to a positive future.



For more information contact us on
0300 222 5555 or **info@henshaws.org.uk**

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