Visual Impairment

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Symptoms

- Difficulty seeing clearly even when wearing glasses or contact lenses.
- Blurred vision, blind spots, or a loss of peripheral vision.
- Struggling to read small print or recognise faces in low light.

Age & Gender

- Risk increases with age, particularly for those over the age of 65.
- Females are slightly more likely to be affected than males.

Misconceptions

- It’s not a total lack of sight for everyone. Many have some vision.
- It’s not fixed by wearing stronger glasses or contacts.
- People don't always use a cane or a guide dog.

Diagnosis

- Optometrists use eye charts and cameras to check the retina.
- Visual field tests measure how much a person sees around them.

Treatment

- Surgery or injections can treat some specific causes of sight loss.
- Magnifiers, screen readers, and high-contrast tools help with daily tasks.

Support

- Introduce yourself when entering a room and say when you're leaving.
- Keep walkways clear of obstacles and don't move personal items.
- Offer to guide them by letting them take your arm.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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