



## **Effectively Communicating with People who are Blind or Vision Impaired**

When meeting someone tell them your name and role – the person may or may not recognise you by your voice.

Name the person when introducing yourself or when directing conversation to them in a group situation.

Speak naturally and clearly.

Continue to use body language. This will affect the tone of your voice and give a lot of extra information to the person who is vision impaired.

Use everyday language. Don't avoid words like "see" or "look" or talking about everyday activities such as watching TV or videos.

Never channel conversation through a third person.

In a group situation, introduce the other people present.

Never leave a conversation with a person without saying so.

Use accurate and specific language when giving directions. For example, "the door is on your left", rather than "the door is over there".

Always ask first to check if help is needed.

Relax and be yourself.



## Eye Condition Fact Sheets

### CATARACTS

Having a cataract can be compared to looking through a frosted or steamed window.

A cataract is a clouding of the normally clear lens of the eye.

Cataracts are treated by removing the cloudy lens of the eye and replacing it with an artificial lens this is done with day surgery.

Cataracts are common in older people.

#### Symptoms

Symptoms of cataract can include:

- Blurring of vision
- Glare or light sensitivity
- Poor night vision
- Decreased vision
- Fading of colour perception
- Needing a brighter light to read.

Normal vision



Simulation of how someone with  
Cataracts might see.





## Eye Condition Fact Sheets

### Macular Degeneration

Macular Degeneration causes damage to the macular at the back of the eye causing a loss of central vision this is the vision that allows people to see fine detail.

#### Symptoms

- An inability to see things clearly
- Distorted vision
- Fading of colours
- A blind spot in the middle of your vision

#### Treatment

- Laser can be used
- Injections into the eye

Normal vision



Simulation of how someone with Macular Degeneration may see.







## Eye Condition Fact Sheets

### Diabetic Retinopathy

Diabetic Retinopathy is a complication of Diabetes  
Diabetic Retinopathy can lead to total blindness.

#### Symptoms

- Blotchy or blurred vision
- Increased sensitivity to glare
- Difficulty seeing at night

#### Treatment

Laser can slow the progression of the disease

Normal vision



Simulation of how someone with  
Diabetic Retinopathy may see.





## Eye Condition Fact Sheets

### Glaucoma

#### Glaucoma

is a slow progressive eye condition.

is hereditary, people with a family history of Glaucoma should have their eyes checked regularly

#### Symptoms

Glaucoma has no symptoms until eye sight is lost at a later stage.

Loss of peripheral (side) vision

Glare Sensitivity

#### Treatment

Eye drops can slow the disease down

Laser can be used

Surgery is sometimes needed.

Normal vision

Simulation of how someone with  
Glaucoma may see.

