

**Visual Impairment Services
Highland
38 Ardconnel Street,
Inverness IV2 3EX**

Tel: 01463 233663

**Visual Impairment Services
Highland**

**Adult
Services**

A stylized graphic of a human eye, rendered in shades of purple and pink. The eye is composed of simple, curved lines forming the eyelids and a solid pink circle for the iris. The graphic is centered behind the text 'Adult Services'.

Visual Impairment Services Highland

Visual Impairment Services Highland, formerly The Highland Society For The Blind, has been working with people who are visually impaired throughout Highland for 140 years.

If you are interested in our services and activities please ask to speak to our Patient Support Staff at the hospital or contact us on 01463 233663.



Technology

tel: 01463 233663

Computers are a very important part of life today and 'surfing the web' can be great fun. Using a computer can also help you write letters, shopping lists, trace your family tree. Through e-mailing it can also keep you in touch with your family / grandchildren. Our computers are equipped with a variety of software specially designed for use by blind and visually impaired people.

Our Partners

Acting as agents for Highland Council we undertake specialist services to visually impaired people and families on their behalf.

We work in close partnership with the Highland Council Social Work Services, Health Professionals and other national organisations.



Financial Benefits
tel: 01463 233663

Our staff can provide information and advice to ensure you receive all the financial benefits to which you are entitled. Advice and financial benefit checks are followed up with assistance to complete the necessary paperwork.

You will be supported through the whole process from application to completion, including the appeal process if this is necessary.



Social / Self Support Groups
tel: 01463 233663

Many people find it helpful to meet up with others who are experiencing the same difficulties and feelings. It is good to get out the house, relax and have a chat or take part in some activity or outing. There are a number of social support groups for visually impaired people throughout the Highlands and our staff can put you in touch with one near you. You will be made very welcome.

Patient Support Service
tel: 01463 704000

Offers emotional support and information to people with a serious sight loss at the time of diagnosis. Based at Raigmore Hospital our service can be accessed by anyone attending the Eye Clinic. You can ask to meet our staff when you are in the clinic or phone to make an appointment. This service is client led in which people are encouraged to identify their own needs.

With your agreement your details can be passed to our Rehabilitation Team for further service input.

Rehabilitation Team
tel: 01463 233663

Our professional staff can arrange to visit you at home. Meeting you and your family in a more informal setting can help our staff gain greater understanding of your situation and identify ways in which we may be able to support you and help you overcome the difficulties imposed by poor vision.

We offer a wide range of practical skills to ensure that you remain as safe and as independent as you choose to be, getting as much from life as possible.



**The Resource Centre
tel: 01463 233663**

Our Resource Centre carries a wide range of aids and equipment to help and assist you with practical tasks, e.g. telling the time, using the telephone, hand writing, marking electrical equipment for easier use and much more. Our staff will identify appropriate aids and equipment which will help you remain independent and safe.

Our Mobile Resource Unit travels throughout the Region and you can visit it when it is your area (you can contact us to find out when this will be).

**Information and Emotional
Support**

Our staff can provide you with a wide range of information which you may find helpful. They can put you in touch with other professional staff who may be of assistance to you.

They offer emotional support to you and your family and can introduce you to others with a visual impairment in your area should you wish to meet them.

Low Vision Service

We offer a low vision service to help you make the best use of any remaining vision. Our staff will identify ways of enhancing this through the introduction, where appropriate, of low vision aids. Low vision aids are magnifiers or similar devices and they can be extremely helpful for use at home, out of doors or can assist you with independent travel. Our staff offer advice and support in their use. We can also introduce you to different techniques for reading which you may find helpful.

Practical Support

Our staff can help you overcome some of the difficulties you may be facing with greatly reduced vision by introducing you to new techniques for carrying out tasks or merely adjusting what you do at present. We look at how you cope with getting about, within and outwith the home, how you manage in your kitchen and with any other daily tasks you have to perform, how you cope with reading and writing and personal care such as eating and dressing – together we can look at all problem areas to see if we can find a solution or an alternative.