

**Visual Impairment Services
Highland**

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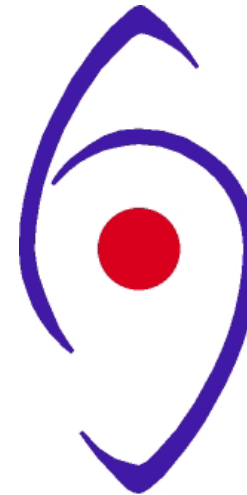
The Resource Centre
38 Ardconnel street

Inverness

IV2 3EX

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**options
for
independence**

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So why not contact us today? You can:

- ◆ visit the Resource Centre at 38 Ardconnel Street, Inverness
- ◆ visit our smaller Resource Centres at 9 Riverside Place, Thurso and An Drochaid, Claggan, Fort William
- ◆ catch our mobile Resource Centre next time it's in your area

telephone us on 01463 233663

e-mail us on highlandvision@hotmail.com

Whichever way you choose we will be delighted to see or hear from you and do what we can to help.

Losing good vision is hard; experiencing a severe loss of good vision is even harder. Independence becomes dependence; opportunity becomes threat, inclusion becomes isolation. Is this how you're feeling right now?

Well life needn't be like that. With a little help from us you can become as Independent as you would wish to be. Why not take up our offer of:

OPTIONS FOR INDEPENDENCE

So what can we offer you?

Emotional support

Our staff can offer you emotional support during the early difficult days of adjustment. We can help you understand your eye condition, what has gone wrong and what you can now expect from your vision.

You will have the opportunity to meet and talk to others who have gone through a similar experience and are willing to share their feelings and knowledge with you.

Your spouse, partner and family can also have the opportunity to meet and share experiences with others in a similar position.

By sharing we can all learn.

Help you receive all the financial benefits you are entitled to

By undertaking a financial assessment with you our staff can ensure you are receiving all the financial benefits to which you are entitled.

Help you learn new skills for work or for leisure

Our Technology Department can ensure you learn to keep up sides with your children / grandchildren by learning as little or as much as you might want about computers, from simple word processing to e-mailing the family and accessing the internet for information, on to working for qualifications to help you stay or enter the job market.

Our staff can arrange to visit you at home to talk to you about our services and what might be available to help you with your sight loss. We can undertake a full assessment of your needs and ensure everything is done to help you overcome your problems caused by poor sight.

Help you with dressing and other personal tasks

Does this shirt/jumper match these trousers/skirt? How can I continue to shave when I can't see? I get so upset when trying to eat food from my plate. Does any of this sound familiar? Well, don't worry. All people experiencing a sight loss have these very same feelings. Our staff can offer advice on how you can overcome these difficulties and talking with others who have found solutions can be a great help. We can introduce you to self help groups where problems are shared and new ways found to overcome difficulties.

Help you fill your leisure hours

Visually impaired people can still remain active in a hobby of their choice whether it be bowling, swimming, golf, walking, mountain climbing, archery, cycling or reading, music, knitting or watching television. Perhaps we can help you continue with your preferred pastime or introduce to others with the same interests.

Making the best use of your remaining vision

We want to encourage you to continue using your remaining vision to the best effect. Our staff can offer you advice on proper lighting, colour and contrast to suit your particular circumstances and which might help you cope with practical tasks in a variety of ways. We can assess your remaining vision and introduce you to low vision aids which may help you read more easily – read your mail, your newspaper, instructions on food packets, and many other things.

Help you get around safely and independently

Not being able to go out and about as you used to do can result in feelings of isolation, loneliness and depression which can affect your health and quality of life. You will be thinking of problems and hazards, the extra concentration needed to get around, the fear of falling. Without proper training going out and about can be an extremely stressful experience.

But it needn't be. Our staff can help you to move about freely, independently and safely both indoors and out by giving you advice, offering you a training package individually tailored to meet your needs or showing your family and friends how to undertake sighted guiding that makes things easier for you – and them.

Help you continue to read and write

With some adjustment or a little training in new skills you can still read and write. Learning a new skill can be fun, particularly when you do this with others who are also learning. You will have heard of braille but have you heard of moon? People of all ages enjoy these reading systems and they are useful, not just for reading books or magazines but can also be used to mark tins, packets, cupboards. The introduction of small simple aids can help you continue to write, everything from making out your shopping list to dropping a letter to the family.

Help you with the preparation and cooking of food

Delia Smith you may not be, nevertheless cooking is an important task. Planning meals, shopping, preparing raw ingredients, using the cooker, making a well deserved cup of tea after all your hard work is finished. Does this sound good to you or do you feel you are no longer able to do such practical things? Not so. Our staff can look at these problems with you and help you overcome difficulties with a little advice and guidance and perhaps introduce you to one or two useful little pieces of equipment to make the task easier.

Help you to cope in the home

Everyday tasks around the home – washing, ironing, vacuuming, telephoning, and a hundred other things are not beyond you and once again with a little input from our staff you will find yourself able to continue doing the things you have always done.