

# My Vision Impairment Passport



This passport will help you to support me in an unfamiliar environment. Please return my passport to me when I go home.

Name: \_\_\_\_\_

Known as: \_\_\_\_\_

[www.sightforsurrey.org.uk](http://www.sightforsurrey.org.uk)

Tel: 01372 377701

Skype: [sensoryservices.org.uk](https://www.skype.com/join/sensoryservices.org.uk)

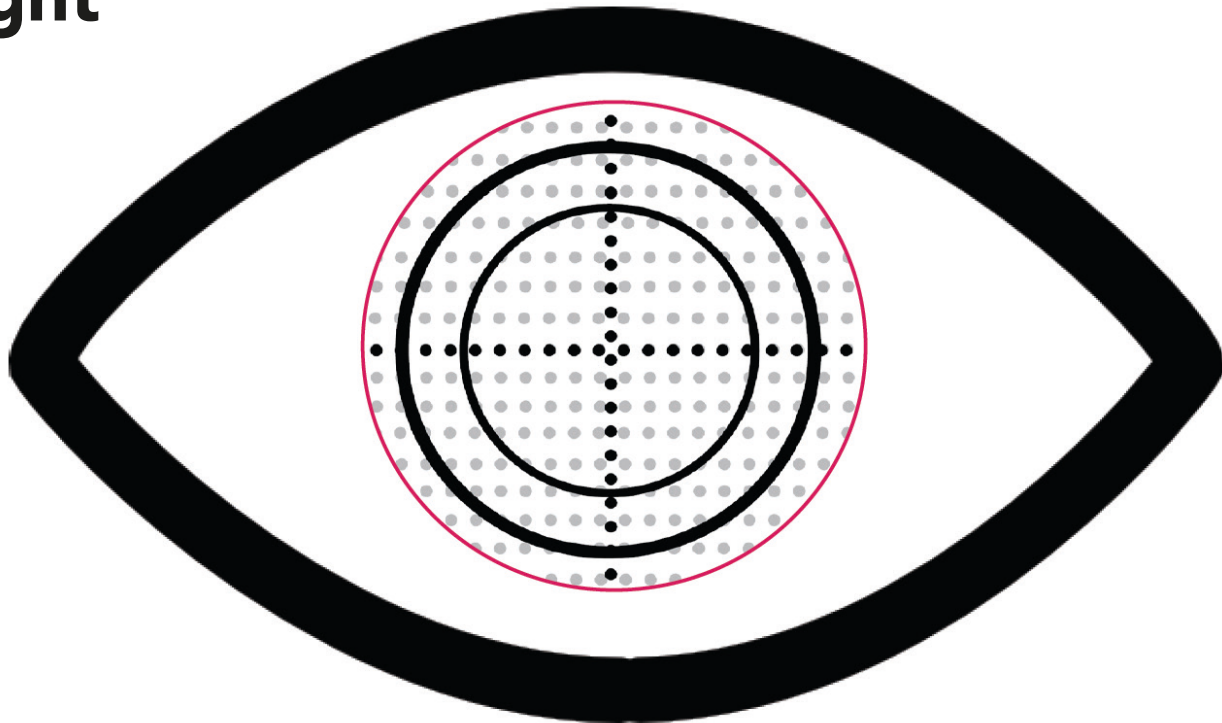
FaceTime: [dutysw@sensoryservices.org.uk](mailto:dutysw@sensoryservices.org.uk)

Email: [info@sensoryservices.org.uk](mailto:info@sensoryservices.org.uk)



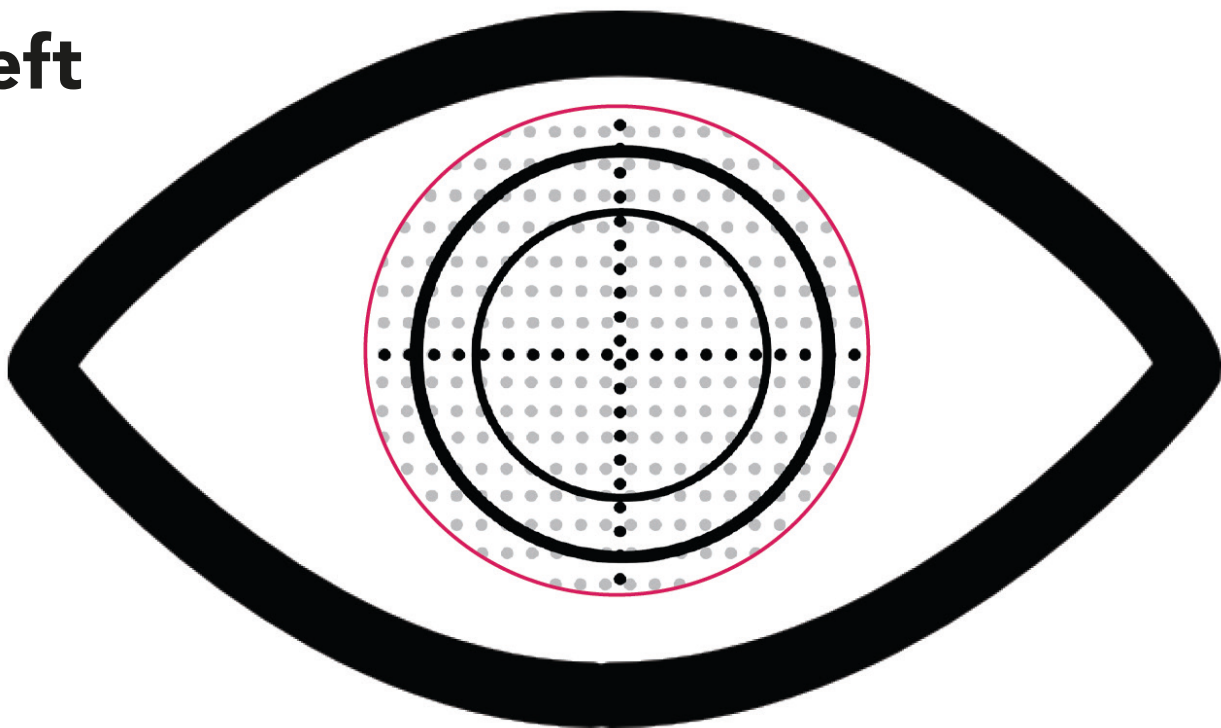
# Affected areas of vision

**Right**



The shading shows the area I cannot see

**Left**



My eye condition is:

I use eye drops for my eye condition – Yes / No

I have a combined sight and hearing loss

 Yes No

I can lip read

 Yes No

I prefer signing

 Yes No

## Tips

- Make sure you have my attention before you communicate with me
- Be aware of background noise whilst communicating
- Don't cover your mouth
- Keep your face visible
- Don't shout

# About me

I have the following impairments:

Vision Impaired

Hearing Impaired

Wheel Chair



I have marked the following conditions that apply to me:

Hearing difficulties	<input type="checkbox"/>
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Diabetes	<input type="checkbox"/>
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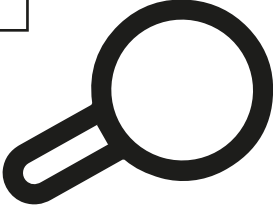
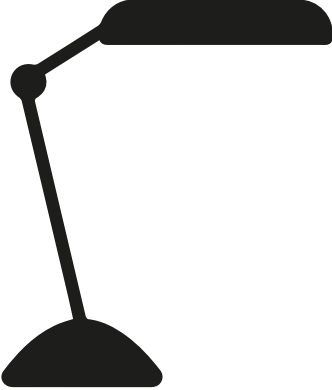
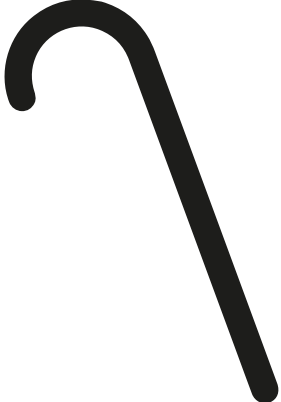



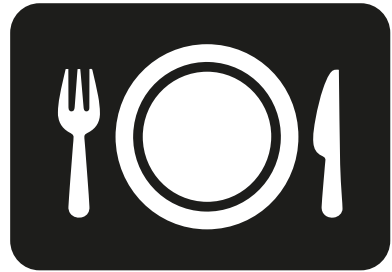
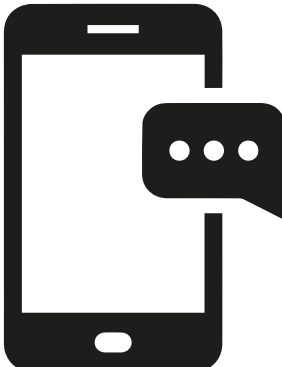
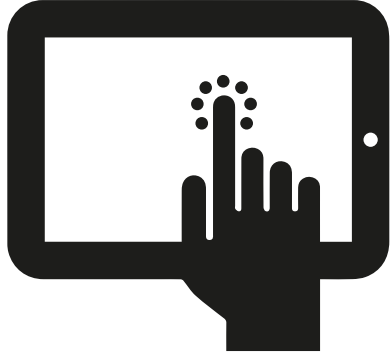
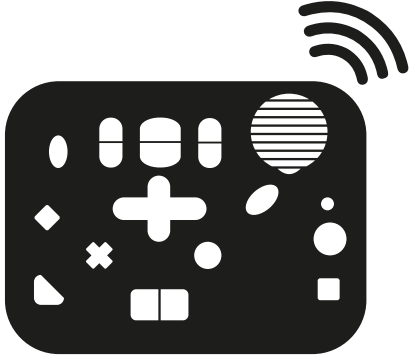
Mental health	<input type="checkbox"/>
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Epilepsy	<input type="checkbox"/>
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Asthma	<input type="checkbox"/>
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Others (please list)	<input type="text"/>
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# I use the following items








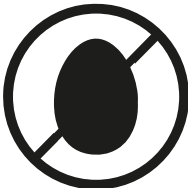
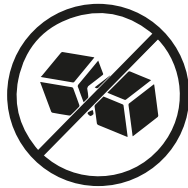
<input type="checkbox"/> Glasses  <input type="checkbox"/> Magnifier 	<input type="checkbox"/> Assistive light 	<input type="checkbox"/> Walking stick 
<input type="checkbox"/> White cane  <input type="checkbox"/> Hearing & sight loss cane 	<input type="checkbox"/> Hearing aid  <input type="checkbox"/> Left <input type="checkbox"/> Right <input type="checkbox"/> Both	<input type="checkbox"/> Non-slip colour table mat 
<input type="checkbox"/> Smartphone 	<input type="checkbox"/> Tablet 	<input type="checkbox"/> Audio reading machine 

# Food and dietary needs

I have dietary requirements

 Yes No

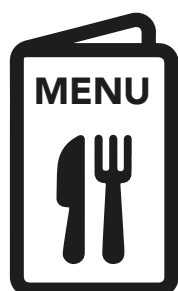
Below I have marked my specific requirements

<input type="checkbox"/>	Kosher	<input type="checkbox"/>	Halal	<input type="checkbox"/>	Gluten free
					
<input type="checkbox"/>	Dairy free	<input type="checkbox"/>	Vegetarian	<input type="checkbox"/>	Vegan
					
<input type="checkbox"/>	Nut free	<input type="checkbox"/>	Egg free	<input type="checkbox"/>	Sugar free
					
<input type="checkbox"/>	Other (please specify): _____				
	_____				
	_____				
	_____				
	_____				

# Useful information to help me whilst eating and drinking

**Please note the area of vision I cannot see on page 2.**

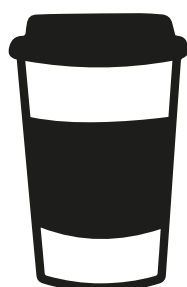
- Be careful not to position my plate and cup in an area I cannot see.
- It is helpful to use crockery and cups that are in contrast to my table.
- The clock method is an excellent method of locating food on the plate – the potato is at 12 o'clock; the chicken is at 3 o'clock.



**I need a large print menu**

**Yes**

**No**



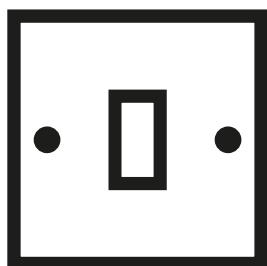
**I may find a lid on my cup useful**

**Yes**

**No**

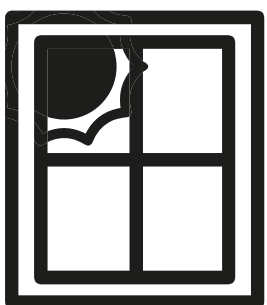
# Lighting

Good lighting is very important to help my vision. Please make sure I have easy access to the light switch.



Yes	
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No	
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Glare can be difficult for me.

Yes	
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No	
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**If my bed is beside a window, the following information is important.**

- Control the sunlight with blinds or curtains
- When not in my bed, the window must be behind me.
- If you face the window when speaking to me, I am more likely to see your face.



# Hints and tips for making my environment as comfortable as possible

## Improving lighting

- Control the sunlight with blinds and curtains on the window. Position chairs so that I do not have to directly face the bright light.
- I may need to wear sunglasses or sun visors if I am in an area where glare cannot be controlled

## Making things larger

- Always have leaflets and other material available in large print.
- I may need to sit closer to the object I am trying to see.

## The use of strong contrast

- Put light-coloured objects on a dark-coloured background. Put dark objects on a light background.

## The use of clear, bright colours

- Clear bright colours are the most useful to people with a sight loss. It can be very difficult to be able to distinguish pastel colours e.g. light green next to pale blue.

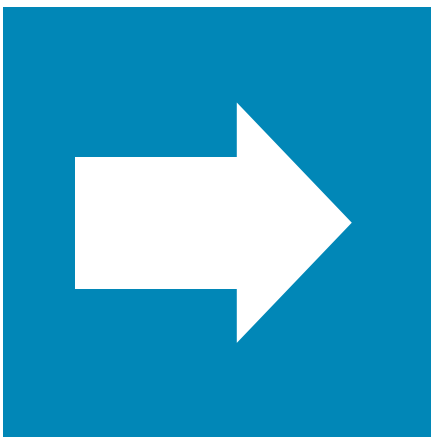
# Getting around



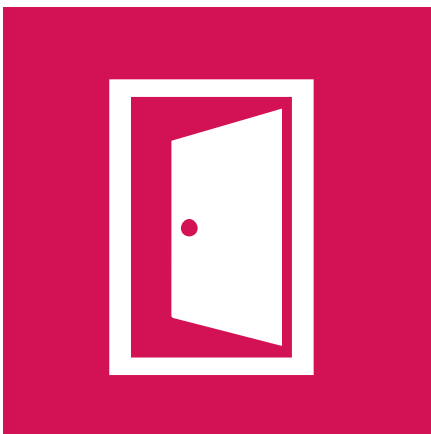
I may need help getting about in an unfamiliar space as I may be at risk of falling because of my vision.



Please ask me if I want you to guide me.



Please ask which side is best for me and let me take your arm.



I may need guidance getting into a chair and going through doors.

# Going home

When I am ready to go home make sure the discharge team discuss with me any additional services that may be available. There are social care teams based within hospitals that provide social work and care management to people who are being discharged from hospital or a care home.



Don't forget services are available such as re-enablement, benefits advice, transport and telecare alarm. If I need assistance I should speak to the social care teams based in the hospital before I am discharged. There are a variety of services covered by the assessment carried out by the social care team.

# Support organisations

When I am ready to go home please make sure the discharge team have involved the sensory impairment organisation in my area.



## Sight for Surrey

Rentwood, School Lane, Fetcham, Surrey, KT22 9JX.

**Tel:** 01372 377 701. **Text** 07860 026 269. **Skype:** sensory.services.org.uk **FaceTime:** dutysw@sensoryservices.org.uk

**Email:** info@sensoryservices.org.uk. **www.sightforsurrey.org.uk**



## 4 Sight Vision Support

36 Victoria Drive, Bognor Regis, West Sussex, PO21 2TE.

**Tel:** 01243 828555. **www.4sight.org.uk**



## Open Sight

25 Church Road, Bishopstoke, Eastleigh, SO50 6BL.

**Tel:** 023 8064 1244. **www.opensight.org.uk**



## Kent Association for the Blind

72 College Road, Maidstone, Kent, ME15 6SJ.

**Tel:** 01622 691 357. **www.kab.org.uk**



## Berkshire Vision

Midleton House, 5 Erleigh Road, Reading, Berkshire, RG1

5LR. **Tel:** 0118 987 2803. **www.berkshirevision.org.uk**



## Middlesex Association for the Blind

Suite 18, Freetrade House, Lowther Road, Stanmore,

Middlesex, HA7 1EP. **Tel:** 020 8423 5141. **www.aftb.org.uk**

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