



Wellbeing and Sensory Loss

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supporting blind and
partially sighted people

Wales

- 1 in 5
- 18,850 dual sensory loss

Increase in prevalence

- Hearing loss = 14% inc every 10yrs
- Sight loss = 11.25% in next 10 yrs
- Dual = 25,500 by 2030

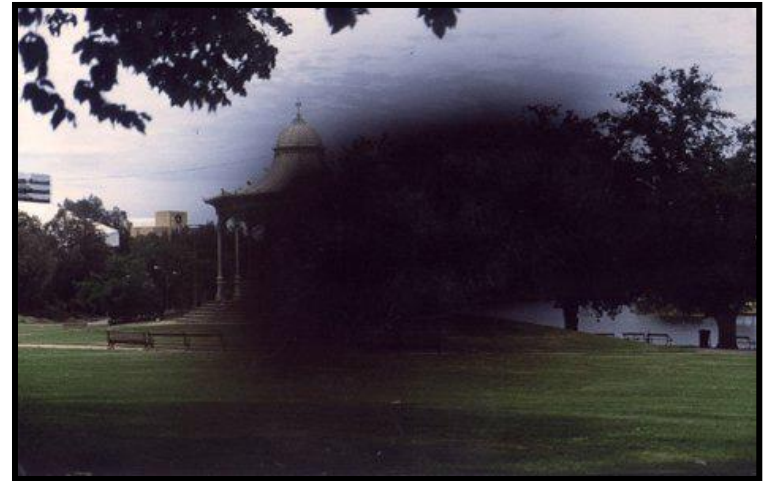
Scale of the issue - sight loss

100,000 + with severe sight loss in Wales

- 90% are 60+
- 70% are 70+

200,000 + over the age of 65 have a visual impairment that could be alleviated simply by wearing glasses

50% of sight loss is preventable

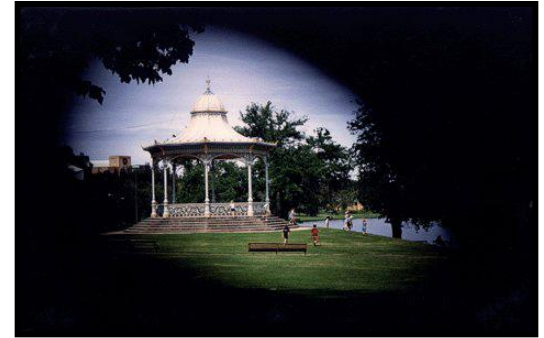


Macular degeneration

Prevention of sight loss

Pharmacy campaign - Look after Your Eyes

- Accessible - high street
- Joining up services
- Pharmacists - training, awareness and information
- Hooks to engage people in conversations
 - Sunglasses / sunscreen / medicine review
- Signpost to local opticians



Glaucoma

Impact of sight loss on wellbeing

- Depression and suicide - sight loss
- Social isolation / exclusion
- Poverty
- Falls and accident
- Abuse



Diabetic retinopathy

Preventative services

Supporting people to manage their sight loss and live fully

- Eye Clinic Liaison Officer - Emotional and practical support
- Welfare Rights Service
- Finding your Feet
- Befriending
- Get Connected – Digital Inclusion
- Cardiff Institute for the Blind – part of RNIB Group Clubs and Societies
- Education and Employment services



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The difference we make – Digital inclusion

Joyce from Port Talbot:

“I spend a lot of time online and the internet has become my best friend. I am now 88 and live on my own, I spend my time talking to friends and family, looking at antiques online and viewing houses I’d like to buy! It really brings me enjoyment”



Tracy from Bridgend

“The internet has greatly improved my independence. Magnification and speech have meant I can now use my computer to keep in touch with my family and use the internet to research my love for gardening”

Anonymous

“This means I can now read Fifty Shades of Grey”

The difference we make – Welfare Rights

Has your social life changed?

- **41 per cent** improved
“I go out with friends in their cars because I can't drive and I give them petrol money. I sometimes use taxis but not very often”
- **59 per cent** said no change

Would you say you feel better about yourself and your life?

- **79 per cent** said yes
“I don't worry so much about putting the heating on to keep warm and now spends more on food bill than before”



The difference we make – Welfare Rights

Mrs J from Conwy

Numerous different medical conditions including Macular Degeneration, high blood pressure, arthritis, poor balance, vertigo, thyroid problems and poor mobility.

Financial outcome

- £220.88 per week
- Backdated £3,466.95.
- Welsh Water and their energy supplier - significant savings

Wellbeing outcome

- Eat well,
- Heat their home.
- The couple state they are now less worried about their situation and their future, feeling more content and secure.



**“I would have killed myself if I
there hadn't been an ECLO”
June 13**

The difference we make – Eye Clinic Liaison Service

“I was registered sight impaired and diagnosed with ‘wet’ AMD, my vision deteriorated quite rapidly, which was a real shock. I also have other health problems. I live alone but was very independent and thought of as a strong individual who generally supported others rather than the other way round”

“Practical tasks became difficult and I had problems with my mobility out and about. I faced transport issues which were made worse by having no family living near”

The difference we make – Eye Clinic Liaison Service

“The ECLO explained registration and a variety of support services. She provided emotional support, referred me to the sensory team and arranged for a low vision assessment with volunteer transport to and from the centre.

The ECLO also provided me with contact information on national and local support services such as Age Concern and RNIB. I was so very appreciative of the support provided.”



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Scale of the issue – Hearing Loss



- 534,000 people in Wales with hearing loss
- Growing to 725,000 in the next 18 years
- 70% of 70 year olds
- Communication and isolation





- Early intervention
- Identify/address hearing loss
- Supporting people to manage their hearing loss and live fully
- Assistive equipment
- Knowledge/empowerment



- Hearing check – a simple on-line test to see if you do need to test your hearing
- Information and signposting
- Social groups for older people at risk of isolation
- Hearing aid support to keep people active & independent
- Support deaf people with additional needs to live full lives at home