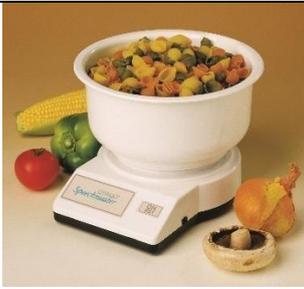


## Help with hearing or sight problems

	<p>This page is for anyone with hearing or sight problems.</p>
	<h3>Sight problems</h3>
	<p>If you have sight problems equipment can help to make daily tasks easier, such as:</p> <ul style="list-style-type: none"> <li>• <b>a cane</b></li> </ul>
	<ul style="list-style-type: none"> <li>• <b>watches and clocks</b> which talk out loud and buzz</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>lighting</b> – such as book lights, portable lights and magnifier lights</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>technology</b> – such as reading machines and software that helps computers to read text out loud</li> </ul>



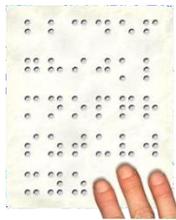
- **kitchen and bathroom gadgets**, such as non-slip mats, and kitchen scales that speak the weight of items out loud



- **magnifying glasses** for computers and watching TV



- **audio books** – a recording of someone reading a book out loud



- **Braille** – a written language for blind people which are raised dots in different patterns



- **mobile devices** that talk out loud and help you find the place you want to go to.



**A guide dog** may help to keep you company and help you to be more independent.



## Hearing problems



### Hearing aids

If you have hearing problems your GP can arrange for the **Audiology department** to check your hearing



If you need a hearing aid they will advise you about your choices.



### Other equipment

Equipment can make your hearing better, such as:



- **telephones** that have been changed for people who use hearing aids



- **loud doorbells** with different sounds, and flashing lights



- **telephones with a loud ring** that make voices louder too.



You can get also **call alerts** with flashing lights that you can see when they ring.



- **text phone**, with a keyboard and screen



- **mobile phones** have different ringtones, can have a loud ring or buzz when they ring.



- **smoke alarms** with
  - pads that go under a pillow or mattress and buzz when you are asleep



- flashing lights that tell you there is smoke when you are awake.

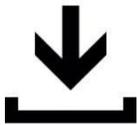
	<ul style="list-style-type: none"> <li>• <b>alarm clocks</b> and <b>wrist watches</b> that vibrate or have flashing lights</li> </ul>
	<p>You can download <b>Southwark Disablement Association's</b> information guide about free support for Deaf people in Southwark here.</p>
	<p><b>Support for people with sight or hearing problems</b></p>
	<p><b>The Royal National Institute for Blind people (RNIB)</b></p>
	<p>The RNIB provide:</p> <ul style="list-style-type: none"> <li>• equipment and technology to help with sight problems.</li> </ul>
	<ul style="list-style-type: none"> <li>• expert advice and practical help for daily living.</li> </ul>



## National and local groups



Several groups provide information and support for people with sight problems.



You can **download** information about visual impairment groups from the Visual Impairment Groups document



## Southwark Disablement Association



Provide help about:

- benefits



- letters and bills



- housing issues



- work issues



- using health services.



Call **020 7701 7744**



Fax **020 7277 0481**



Text: **07804 405 893**



Email [sda@sdail.org](mailto:sda@sdail.org)



Skype: Ann at Southwark Disablement Association



**Action on Hearing Loss**

	<p>Action on Hearing Loss provide information and advice on hearing loss.</p>
	<p>Call <b>0808 808 0123</b></p>
	<p>Go to <a href="#">Action on hearing loss</a></p>
	<p>Email: <a href="mailto:informationline@hearingloss.org.uk">informationline@hearingloss.org.uk</a></p>
	<p><b>Sensory Services team</b></p> <p>The team may provide support if you live in Southwark and you have</p>
	<ul style="list-style-type: none"> <li>• a serious sight problem in both eyes</li> </ul>
	<ul style="list-style-type: none"> <li>• a hearing problem, that has lasted a long time</li> </ul>



- have a hearing and sight problem.



The team can provide training and equipment to help you to:



- carry out daily tasks



- read letters



- get around safely



They **do not** provide hearing aids.



You need to see your GP about hearing aids.



## Get in touch

If you have a sight or hearing problem, contact the Sensory Services Team.



Call **020 7525 3324**



Email:

[OPPDContact@southwark.gov.uk](mailto:OPPDContact@southwark.gov.uk)