



Did you know, about Charles Bonnet Syndrome (CBS)?

1. CBS is named after Charles Bonnet who first described the visual hallucinations experienced by his grandfather in the 18th Century.
2. Visual hallucinations can occur as a result of sight loss.
3. According to the Macular Society, up to half of people with macular degeneration, an eye condition resulting in the loss of central vision, may experience visual hallucinations at some point.
4. CBS is caused by loss of vision and the way the brain reacts to this loss. The brain tries to fill in the gaps of lost vision.
5. Examples of visual hallucinations can be flashes of light, colour, shapes, animals, people or gardens, some people report vivid hallucinations
6. Strategies to help manage visual hallucinations include switching on the TV or radio, standing up or moving around, going into a different room, switching on lights or moving to a darker area,

shutting your eyes, moving your eyes from side to side or looking away from the image

7. It is important to seek medical advice about visual hallucinations to rule out other health conditions

Where to get help

- If you are concerned about your eyesight or are experiencing any of the above, please contact your optician and or GP first.
- You can also visit the CBS Website, [Esme's Umbrella](#) for further information, support and advice.
- There is also a Charles Bonnet Syndrome Support Group based in York at MySight, please [click here](#) for further details.
- You can request a Sensory Impairment Assessment to help with your sight loss, from your local sensory team or contact them for practical advice, information and support. In York, this is the Yorsensory Team, who can be contacted on telephone number 01904 202292 or emailed at enquiry@yorsensory.org.uk

**Information sourced from the Macular Society, the Royal National Institute for the Blind and Esme's Umbrella*