



### Did you know, sight loss is a spectrum?

The percentage of people with no vision at all is very low. According to Henshaws approximately 7% of people registered sight impaired or severely sight impaired have no vision at all. Sight loss can impact on vision in different ways, some people with a visual impairment may have:

- poor central vision (affecting the detail that can be seen, making tasks such as reading or recognising faces more difficult).
- reduced peripheral vision (impacting on the ability of how much we see and potentially avoid obstacles when we move through an area).
- perception of light only.

It is not the case that a person either sees or doesn't see, there are many variations between the two. Factors such as:

- changes in the environment (moving from inside to outside and vice versa).
- changes in the weather
- level of lighting (too bright, too dark),

- other health conditions
- tiredness

can also impact on sight loss, causing it to vary from one day to the next or even over the course of a day. Different parts and functions of the eye can be affected by different eye conditions.

Sight loss can affect people of all ages and can impact on all aspects of their lives, such as everyday tasks and social activities, as well as school and work. According to the RNIB (Royal National Institute for the Blind) only 1 in 4 people registered sight impaired or severely sight impaired are employed and 40% feel moderately or completely cut off, in the UK.

To make the most of someone's useful vision, advice, information, support, equipment and training may help individuals to remain independent, safe and continue to carry out everyday activities.

Contact Yorsensory on 01904 202292 or [enquiry@yorsensory.org.uk](mailto:enquiry@yorsensory.org.uk) to speak to a member of the team.

*\*Information sourced from the Royal National Institute for the Blind (RNIB) and Henshaws*