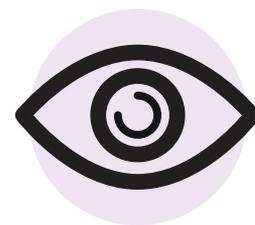


# • experiencing sight loss and don't know what to do next?



Our seven simple steps can help you receive the support you need.

## Step One

### Get a professional opinion

It is important to get your sight checked. Your GP, optometrist or NHS Choices can direct you to the appropriate service.

## Step Two

### Have your diagnosis confirmed

Ask an eye specialist to explain your eye condition and treatment in a way you understand, and what it might mean for the future. You should also ask if you are eligible for a Certificate of Vision Impairment (CVI).

## Step Three

### Speak to a sight loss advisor

Speak to your sight loss advisor for information, advice and guidance, including emotional support available in your area and the benefits of Registration. You might also find RNIB's 'Sight Loss: What we needed to know' document useful; copies are available online, or get in touch with RNIB.

## Step Four

### Get a referral to your local rehabilitation team

Check with your sight loss advisor or eye specialist that you have been referred to your local sensory team to assess your needs.

## Step Five

### Get a personal action plan

It is important that you have a personal action plan based on your individual assessment. As well as a good understanding of your community's local services, this information will help you to live a more independent and active life.

## Step Six

### Continuously review your plan

Maintain your eye health with regular checks, and ensure your personal plan is regularly reviewed.

## Step Seven

### Enjoy living more independently

For further support and information, contact your local charity or organisation.

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Would you like your local charity or optician's information and logo here? To become a part of our Seven Steps initiative, get in touch on **0300 222 5555** or at **info@henshaws.org.uk**.

