

Hearing

Do you :

- often ask people to repeat what they say ?
- fail to hear when someone knocks at the door or rings the bell?
- complain of people 'mumbling' or speaking too quickly?
- have difficulty hearing when several people are present?
- have difficulty hearing the television, radio or music, and perhaps needs the volume turned up high?
- have difficulty understanding unfamiliar people?
- have problems using the telephone, and perhaps prefer not to?

Vision

Do you have difficulty with:

- recognising people, particularly in unexpected situations?
- bright light, low light, or both?
- reading facial expressions?
- finding something they you have lost without using your hand or asking somebody?
- reading books, the newspaper, their watch face or watching television?
- moving around unfamiliar places if they have changed?
- Do you often say you need new glasses?

If you have ticked two or more of these criteria in either section you should have your hearing, sight or both assessed.



We would like to hear from you:

- **if you think you may have a combined sight and hearing loss, even if you have not been formally diagnosed**
- **if you are a family member or carer or friend of someone who you think may have a combined sight and hearing loss**
- **if you simply want to know more about our services**

We have a team of Communicator and Reader Guides who provide specialist support to anyone with a combined sight and hearing loss to allow them to have choice and control over their lives.

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