



Visibility has been listening and responding to people with sight loss for over 150 years.

Our services include:

- Information and advice
- Patient support in hospitals
- Community based events
- Low vision training
- Children and family support
- Social and recreational activities
- Visual impairment awareness training
- Home support, in partnership with local authorities
- Volunteering opportunities



visibility

Sight loss in older age

We support people living in Glasgow, Argyll & Bute, North, South and East Ayrshire, East and West Dunbartonshire, Inverclyde, Lanarkshire, Renfrewshire and East Renfrewshire.

How you can help

We are a registered charity and rely on donations to continue our work. Please contact us to find out how you can help.

Visibility

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Visibility is the trading arm of GWSSB (formerly Glasgow and West of Scotland Society for the Blind). GWSSB is a recognised Scottish Charity and company, registered in Scotland, limited by guarantee with its registered office as above. Registration number SC 116522. Scottish Charity Number SC 009738.



“At 74 I took up ten pin bowling. I can’t see the pins so I just aim and hope. I will try anything once.”

More than one in eight people with sight loss are over 65, and it can be a frustrating aspect of getting older. Often people lose the confidence to go out, or think they have to stop doing the things they enjoy. There are challenges and it can be difficult when everything takes much longer than it used to. **Visibility can help you.**

Talk to us

As your eye sight deteriorates you may feel that it is just part of getting old and that nothing can be done. You may worry about being a burden on your family, and not want to look as if you are complaining. These emotions can make you feel very low and helpless and just want to give up. These feelings are normal and experienced by many people in a similar situation. Visibility can help you cope with these feelings. Call us on **0141 332 4632** to talk confidentially to Visibility staff who understand what you are going through.

Living independently

Visibility can encourage you to make the best use of your remaining vision and be more independent.

If you have central vision loss our eccentric reading programme can teach you, with the aid of magnification, how to use your peripheral vision for reading and viewing. We can give you advice

on how to avoid glare and show you the range of magnifiers available.

By making your home well organised and having the correct lighting you can create a safe environment, and remove any worries you might have about falling or having an accident. Visibility can show you a range of aids and equipment to help with day to day tasks in the home, and advise you on other services which may be of help.

Keeping active and meeting others

If it is difficult to get around, it is very tempting to stay at home. But an active brain keeps you young. By getting out and about, you can build your confidence, keep in touch with people and continue with your interests.

Visibility organises a wide range of weekly activities, usually in Glasgow. If Glasgow is not convenient for you, get in touch and we will tell you what is available near you.

Singing, guitar lessons, arts and crafts and yoga are just some of the classes on offer. We also have a walking group for all abilities and organise theatre and music trips. Age is no barrier, so call us on **0141 332 4632** to find out more and maybe find a brand new hobby to enjoy.