



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

Supporting someone with sight loss

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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www.visibility.org.uk



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.



“I don’t think of myself as a carer. She’s my sister and we’re there for each other.”

Supporting someone you care about who has sight loss can be challenging. Not only does it mean change for them but also for you. Your approach can make all the difference.

Visibility can help you.

Encourage independence

It is hard to watch someone you love struggle with everyday tasks you could easily do for them. It can feel unkind or seem unsafe, but it is important that people with sight loss learn how to adapt and are given the time to do things their way. This really helps to build their confidence and independence, and means they will cope better if you are not there.

Find out what would help

It is important that you ask the person what they can see and what they would find helpful, rather than just assuming. Visibility runs information sessions to tell you more about sight loss and help you understand the impact of certain eye conditions. We can give you tips and suggestions on all kinds of issues such as getting around safely at home and outside, what to do about glare and how to make the best use of lighting and contrast. Our trained staff can answer your questions and give you independent advice.

What is available?

There is a whole range of aids, equipment and support available for visually impaired people to help them develop and retain their independence. Kitchen aids; writing aids; lighting and magnification; electronic devices; mobility aids. Our staff can advise on what is available and how to get them.

The technology is constantly evolving and there may well be something new that could really make a difference, so do contact us even if you have been living with someone with sight loss for quite some time.

Take care of yourself

Caring for someone else can lead you to neglect your own needs and health. Visibility can support you, so please talk to us in confidence about any worries or concerns. We are here to help and to put you in touch with any services which may be useful.

Further information

You can call us on **0141 332 4632** to find out more about Visibility services. Our offices are open from 9am to 4pm Monday to Friday.