



Gwasanaethau Cymorth
Cyfathrebu a Synhwyrdd

Sensory & Communication
Support Service

My eyes and me

Hi, my name is

I have a vision impairment and it is not always easy for me to explain how my sight affects me and how I can best be helped. It would be useful for me if you could read the below information.

The name of my eye condition is

This is how my condition affects my eyes

Sensory & Communication Support Service in partnership with:



This is how you can help maximise the vision I have

It would really help me if you could

Above all, I want to be treated the same as everyone else but there may be occasions when I need a bit of extra support.

Thank you for taking the time to read this.

End of document.

Guidance notes on content for My Eyes and Me document.

The name of my eye condition

State the name of the condition only. This enables people to research my eye condition, if necessary.

This is how my condition affects my eyes

Explain in a simple way that everyone can understand. For example:

- I have sensitivity to light.
- I can't see in dim light.
- I must turn my head to see better.
- My eyes may move but its ok, I am used to it.
- I can only see out of one eye.
- I have tunnel vision.
- I can't see colour.

This is how you can help maximise the vision I have

Here are some examples:

- My eyes are sensitive to light, please close the blinds/curtains. When it is too bright, I can't see anything at all.
- I may need the light on when it is dimly lit, or I will not be able to see.
- I may need to sit on the left-hand side if there is a demonstration as this is my stronger eye.
- I may need to stand/sit right at the front so I can see everything that is going on.

It would really help me if you could

Here are some examples:

- Say my name when you are speaking to me. Sensory & Communication Support Service in partnership with:
- Tell me if there are any obstacles I could fall over.
- Verbally describe something rather than using actions.
- Notify if there are any steps.

End of document.

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