



Torfaen Social Care and Housing

Adult Services

Services for People with a Vision Impairment

If you would prefer to have this information in a different format, on
audiotape, computer disk, in Braille or in another language please
telephone Social Services 01633 648989

2014

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Is your eyesight *causing you difficulty*?

Your eyesight may change. You may find that colours seem less bright, that things you know are in a straight line appear crooked or you may find it difficult to get about in the dark. You are more at risk of your sight changing if :

- ***you are diabetic, overweight or smoke***
- ***you, or a family member, has glaucoma***
- ***you are over 65 years old***

If you notice any changes in your sight you should visit your GP or optician. You may be having difficulty seeing to read, write or tell the time, cooking your meals, making a cup of tea or crossing the road.

There are charges for eye tests. However if you answer yes to any of the questions below then you are entitled to a free NHS eye test:

- **Are you aged 60 or over?**
- **Are you under 16, or under 19 and in full time education?**
- **Do you or your partner receive income support, family credit, income based job seekers allowance, pension credit guarantee, and are entitled to or named on a valid NHS tax credit exemption certificate, or are named on valid HC2 certificate?**
- **Do you have diabetes or glaucoma?**
- **Are you 40 or over and have a close relative with glaucoma?**
- **Does a hospital ophthalmologist say you are at risk of glaucoma?**
- **Are you registered blind or partially sighted?**
- **Are you entitled to vouchers for complex lenses?**

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You may also qualify for vouchers for glasses. Your local benefit agency can advise you on this. Early detection means earlier treatment and more chance of saving your sight.

If it is agreed that your sight is not correctable with spectacles or lenses or with a minor operation such as a cataract operation, you may be referred to the Eye Clinic at a hospital where an ophthalmologist may decide you are eligible to be registered as blind or partially sighted.

What is registration?

If you are eligible, and you wish to be registered, the ophthalmologist will complete a CVI form (see page 9 for further information on registering as blind or partially sighted). You will receive a copy of this form yourself, and copies will be sent to your GP and Social Services.

A social worker will contact you and, if you wish, arrange to visit you at home to arrange an assessment for your needs and organise any appropriate services and/or equipment for you.

Why register?

Social Care and Housing are obliged to keep an updated register of all blind/partially sighted people in their area.

Having this register helps us to plan our services more effectively. You may use proof of your registration for claiming benefits and other services. Services available depend on whether you are registered as blind or partially sighted. These are some examples of what you may be entitled to:

- Free radio/cassette/cd/usb player if registered blind and receiving means-tested benefits.**
- Disabled Persons Car Badge as of right if registered blind**
- Attendance Allowance (if over 65) and Disability Living**

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Allowance (if under 65)

- **Blind persons tax allowance**

There are also various opportunities within Torfaen for people who are blind or partially sighted, which have been established in partnership with other agencies. These include:

- **A Fitness Group who exercise at Pontypool Leisure Centre**
A Social Club for People with Vision Impairment at Sight Cymru Resource Centre in Pontypool

A gentle walking group, meeting monthly

A social group for Vision Impaired Young People aged 18 – 50

Your social worker will be able to provide full details of all these opportunities.

Who can help?

Following an initial assessment by a social worker, you will be given further advice and information. This could include help to claim extra benefits. You may also be referred to the Rehabilitation / Mobility Officer, who can advise you on:

- **How to get about, indoors and out, in safety**
- **Communication skills**
- **Cooking and daily living skills**

Arrangement can be made for you to visit Sight Cymru Resource Centre in Pontypool, which offers specialist equipment such as talking watches and clocks, talking microwave ovens, various task lights and kitchen equipment. Sight Cymru can also offer advice on social and sporting clubs, Braille lessons, work experience, befriending schemes and translation services.

The Gwent Visual Impairment Service is available to help children and young people by providing Braille or enlarged print versions of work. The service also provides support and advice to families of children and young people with a visual impairment.

Welsh Low Vision Scheme

Help for people with low vision.

Low vision, often referred to as partial sight, can be helped in many cases by a range of vision aids and appliances such as magnifiers, glasses and lighting.

Vision impaired people living in Wales can now get the right vision aids for their eyesight problems from an accredited high street optometrist. The accredited optometrist will undertake a free eye examination and assess if low vision aids and appliances can help you. The optometrist will then give you any appropriate aids on loan and free of charge.

Optometrists who are specially qualified to make a Low Vision Assessment are:

Pontypool

Phillips Opticians Tel: 01495 763084

Wyman Opticians Tel: 01495 762072

Cwmbran

RJD Jenkins Opticians Tel: 01633 869777

Optic Shop Tel: 01633 886846

RN Roberts & GL Rees Tel: 01633 866162

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Contacts

**Torfaen Social Care and Housing
Civic Centre
Pontypool,
Torfaen
NP4 6YB
01633 648732**

**Sight Cymru (formerly Gwent Association for the Blind)
Bradbury House, Park Buildings
Pontypool, Torfaen, NP3 6JH
Tel: 01495 763650
Email: postman@sightcymru.org.uk**

**Royal National Institute for the Blind
Trident Court, East Moors Road
Cardiff, CF 5TD
Tel: 02920 450440/02920 449550
Email: admin@rnib.org.uk**

**Vision in Wales (formerly Wales Council for the Blind) 2nd Floor,
Hallinans House,
22 Newport Road, Cardiff CF24 0TD
Tel: 02920 473954
Email: staff@wcb-ccd.org.uk**

**Action for Blind
14-16 Verney Road
London, SC16 3DZ
Tel: 0800 915 4666**

**The Guide Dogs for the Blind Association - Cardiff Centre
Building 3
The Eastern Business Pk, Wern Fawr La, St. Mellons,
Cardiff, CF3 5EA
Tel: 29 20839100
Email : swales@guidedogs.org.uk**

The Partially Sighted Society
PO Box 322
Doncaster, DN1 2XA
Tel: (01302) 323132

Deafblind UK
National Centre for Deafblindness
John and Lucille van Geest Place
Cygnet Road, Hampton
Peterborough, PE7 8FD
Tel: 01733 358 100 (Voice/Text)
Email: info@deafblind.org.uk

Sense Cymru
5 Raleigh Walk, Brigantine Place, Atlantic Wharf, Cardiff, CF10 4LN
Tel: 029 2045 7641
Text: 029 2046 4125
Fax: 029 2049 9644
E-mail: enquiries@sensecymru.org.uk

Gwent Visual Impairment Service
Brecon House
William Brown Close
Llantarnam Business Park, Llantarnam
Cwmbran, NP44 3AB
Telephone: 01633 645 420
Fax: 01633 645 499

International Glaucoma Association
Tel: 020 7737 3265
www.iga.org.uk

Macular Disease Society
Tel: 0845 2412041
www.maculardisease.org

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Diabetes UK Cymru
Tel: 029 2066 8276

www.diabetes.org

British Retinitis Pigmentosa Society
Tel: 01224 702902
Nystagmus Network
Insight Helpline
Tel: 01636 627004

Thyroid Eye Disease (TED)
Tel: 01797 222 33

Diabetic Retinopathy Screening Service for Wales
Tel: 01443 844244

Opticians

Phillips Opticians
Lyon House, 5 Crane Street,
Pontypool, NP4 6LY.
Telephone: 01495 763084

RJD Jenkins Opticians
13 New Street, Pontnewydd,
Cwmbran, NP44 1EF.
Telephone: 01633 869777

RN Roberts
10 Fairwater Square, Cwmbran,
NP44 4TA.
Telephone: 01633 866162

Optic Shop

1 The Parade
Cwmbran NP44 1QR

Tel: 01633 886846

Specsavers Opticians
17 George Street, Pontypool,
TORFAEN, NP4 6LR.
Telephone: 01495 760536

Specsavers Opticians
9 Llewellyn Walk, Cwmbran,
Torfaen, NP44 1YN.
Telephone: 01633 877006

Vision Express

17 The Mall, Cwmbran, NP44
1PX.
Telephone: 01633 866399

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Vision Centre

**Asda Stores Ltd, Llewellyn
Road, Cwmbran, NP44 1UL.
Telephone: 01633 645412**

Wyman Opticians

**127 Osborne Road, Pontypool,
NP4 6LT.
Telephone: 01495 762072**

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Certificate of Vision Impairment (C.V.I.)
Pathway

