

RNIB Insight snapshots



R N I B

See differently

Independent living

Many blind and partially sighted people tell us they lack the essential skills and support to adapt to living with sight loss. Support varies widely across the UK, with no consistent national standards or guidelines in place.

Effective support saves public money.



For every £1 spent

on vision rehabilitation services, more than



£9 can be saved

in future costs.

Too many people are missing out on vital support.

Access to support is inconsistent – often due to a lack of signposting and low awareness of available services.

Just over half

of blind and partially sighted people have received vision rehabilitation support.

One in five

local authorities in England had people waiting more than a year for an assessment and follow-up care.

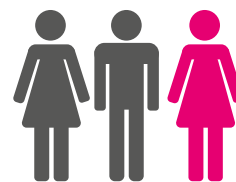
"I nearly got run over. This would be about six months [after receiving a diagnosis]. I'm in tears... I felt very unsafe and imprisoned and I could not even go out or get on a bus."

Everyday life should be accessible – but many people with sight loss are missing out:

More than

one in three

are unable to make the journeys they want or need to.



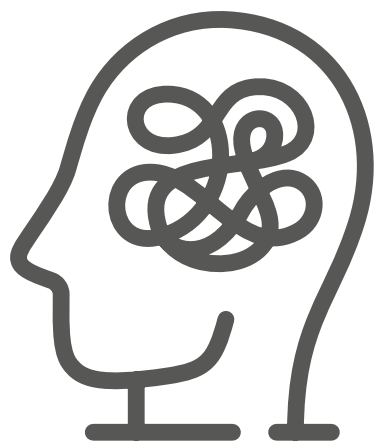
Just

one in six

are able to keep on top of things around the home or go shopping.

"I wanted to actually cook something fresh, and I wasn't able to do that, as I didn't have the skills at that point."

Independent living impacts all areas of life:



Blind and partially sighted adults are around twice as likely to experience probable mental ill health.



When people develop emotional and practical skills after a diagnosis, they adjust better and live with greater confidence.



Key enablers include peer and family support, digital skills, and access to emotional support.

"Currently, my favourite magnifier is the one built into my Android phone. I can read my own post, sign forms, read street and shop signs, read menus, read cooking instructions and medication information along with so many other things. I couldn't do any of those things without it."

References

All references for this Snapshot can be found at:



rnib.org.uk/InsightSnapshots

About RNIB's research

RNIB is a leading source of information on sight loss and the issues affecting blind and partially sighted people. Visit our research and data hub at:



rnib.org.uk/research