

**Does poor eyesight sometimes make your life difficult?**

**You may benefit from advice and support that Cumbria County Council Adult Social Care directorate can provide for you.**

**Your council has a duty to:**

- Advise you of the range of services available to people with sight problems
- Carry out an assessment of your needs

These services can include:

- Supply of special equipment
- Training to manage daily tasks
- Arranging for you to be registered (if your eye specialist determines you are eligible and you consent).

### **Attention Driving Licence holders**

In accordance with the advice shown on the driving licence, any driver with impaired vision should inform the DVLA, who will consider each case on an individual basis.

Contact the DVLA at:

Drivers Medical Branch  
DVLA  
Swansea  
SA99 1TU  
0870 600 0301

Provided by

You can get a copy of this leaflet in different formats such as large print, Braille, audio or in a different language by calling any Adult Social Care office. May 2008

**Do you have a  
visual  
impairment?**



**Information and  
services in Cumbria**

# Self-referral for visual impairment

Please contact me about my sight difficulties.

My name:

Date of birth:

Address:

Postcode:

Telephone number and / or email address:

Do you need an interpreter / translation? (tick) YES  NO

I would prefer information in:  (language)

Do you live alone? (tick)

YES  NO

Do you have responsibilities as a carer? (tick) YES  NO

Please tick any relevant statements about the practical effects of your sight difficulties.

I have (tick):

- Difficulty getting about
- A hearing impairment
- Other conditions (specify)

I am especially concerned about (tick):

- Cooking on my own
- Crossing roads safely
- Becoming isolated
- Feelings of distress
- Coping at work
- Coping at school / college
- Reading
- Other - please specify

In the first instance, please contact (tick):

- Me  A representative
- A friend  A relative

Contact name & details:

Make contact first by (tick):

- Phone  Visit
- Letter  Email

Send me information in (tick):

- Large Print  Email
- Disk  Tape

# How to ask for help or advice

- Fill in the form
- Cut along the dotted line
- Keep this part for your information
- Send the form part to:

Adult Social Care  
New Oxford Street  
Workington  
CA14 2LW  
Tel: 01900 706325

If you have any difficulties in relation to these matters, you can contact:

- Citizen's Advice Bureau
- The RNIB Helpline (local call rate): **0845 766 9999**
- West Cumbria Society for the Blind  
22 Lowther Street  
Whitehaven,  
CA28 7DG  
Tel: 01946 592474