



# My Visual Impairment Hospital Passport

**Name:**

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**Known as:**

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**This hospital passport will help you to support me in an unfamiliar environment. Please return my passport to me when I go home.**

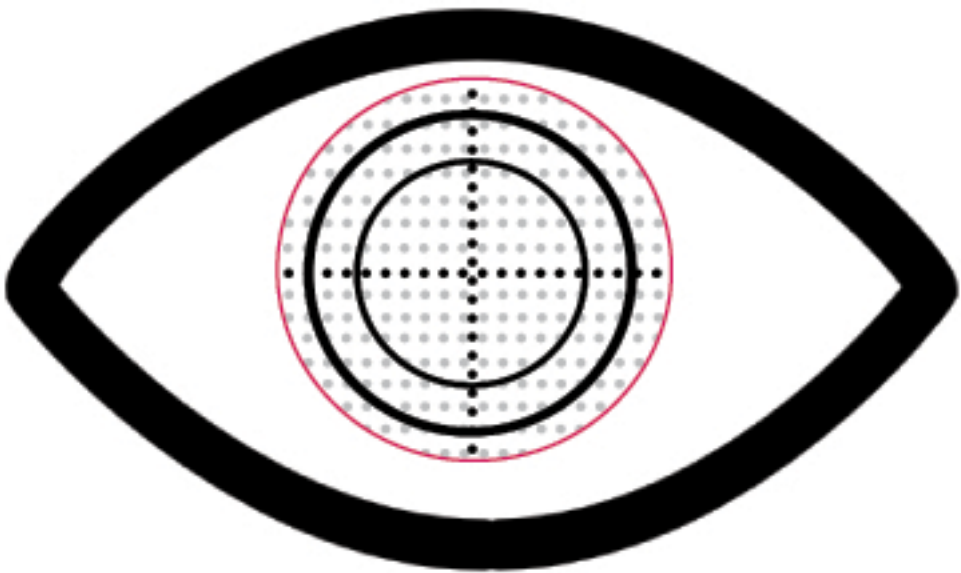
**[www.vistablind.org.uk](http://www.vistablind.org.uk)  
0116 249 8839**

# Affected areas of vision:

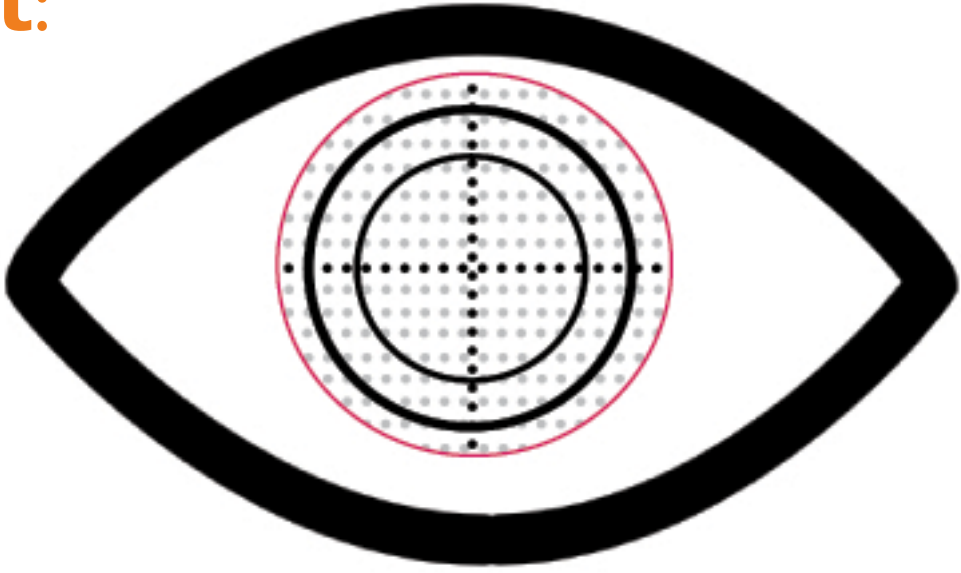
Below shows you the areas of my vision affected by my eye condition.

The shading shows the areas I cannot see.

**Left:**



**Right:**



## About me:

**My eye condition is:**

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**I use eye drops:**

 Yes No

**I have a hearing impairment:**



**My hearing difficulties are:**

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**I prefer to communicate by:**

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**I can lip read:**

 Yes No

**I prefer signing:**

 Yes No

**I am a wheelchair user:**

 Yes No

**I have diabetes:**

 Yes No

**I have epilepsy:**

 Yes No

**I have asthma:**

 Yes No

## Tips:

Make sure you have my attention before you communicate with me

Be aware of background noise whilst communicating

Don't cover your mouth and keep your face visible.

# I use the following items:

Glasses



Magnifier



Assistive light



Walking stick



White symbol cane



Hearing/sight symbol cane



Hearing aid



Non-slip table mat



Audio reader



# Food and Dietary Needs:

I have dietary requirements:

 Yes No

Below I have marked my specific dietary requirements:

Kosher

Halal

Gluten Free



Dairy Free

Vegetarian

Vegan



Other dietary requirements:

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I need a large print menu:

 Yes No

I may find a lid on my cup useful:

 Yes No

## Tips:

Please note the areas affected by my eye condition, and be careful not to position a plate or cup in areas I cannot see

Use cutlery and crockery that colour contrasts with my table

The clock method is an excellent method of locating food on a plate - for example, "the peas are at 6 o'clock."

## Lighting:

Good lighting is very important to help my vision – please make sure I have easy access to my light switch!

Glare may be difficult for me. If my bed is beside a window, the following information is important:

Control the sunlight with blinds or curtains

When not in my bed, the window must be behind me

Be aware of where you're positioned, so that I am able to see you better.





# Getting around:

I may need help getting about in an unfamiliar space, as I may be at risk of falling because of my vision.

## Sighted guiding tips:

Please ask me if I want you to guide me, and let me take your arm

Open doors with your guiding arm so I can place my hand against the door as I follow through the doorway

Don't back me into a seat – ask me to let go of your arm so you can place my hand on the back of the chair.



## Hints and Tips:

Here are some hints and tips for making my stay at hospital as comfortable as possible.

### Improving Lighting:

Make sure that there is good, even lighting

Position chairs so that I don't have to directly face bright light

I may need to wear sunglasses or sun visors if I am in an area where glare cannot be controlled

### Making things larger:

Always have leaflets and other materials available in large and extra-large print

I may need help to be moved closer to the object I am trying to see.

## The use of strong contrast:

Put light-coloured objects on a dark-coloured background, and put dark objects on a light background

## The use of clear, bright colours:

Clear bright colours are most useful to people with a sight loss. It can be very difficult to see pastel colours.

## Going home:

When I am ready to go home, please make sure the discharge team have contacted Vista, the leading local sight loss charity in Leicester, Leicestershire and Rutland.



**Vista, 16 New Walk, Leicester,  
LE1 6UB.**

**T** 0116 249 8839

**E** [info@vistablind.org.uk](mailto:info@vistablind.org.uk)

**W** [www.vistablind.org.uk](http://www.vistablind.org.uk)

**If you require the information in this hospital passport in an alternative format (e.g. extra large print, audio or Braille) or in an alternative language, please contact Vista on 0116 249 0909.**



INVESTORS  
IN PEOPLE

**For more information, please contact**

**Vista**  
16 New Walk  
Leicester  
LE1 6UB

**T** 0116 249 8839  
**E** [info@vistablind.org.uk](mailto:info@vistablind.org.uk)

**[www.vistablind.org.uk](http://www.vistablind.org.uk)**

*Registered charity number 218992*