

The Insight Team provides a range of services to individuals, making life with sight loss easier. The team is made up of social workers and rehabilitation workers, providing a skill mix that enables them to offer a wide range of services.

Our experienced team is used to dealing with issues relating to serious sight loss. Team members are able to understand the difficulties that people have because their specialist training has given them insight into what it means to lose useful sight. They know how to maximise remaining vision and can suggest practical solutions that can transform people's lives and give them hope for the future.

It is often possible to suggest simple improvements that can make a difference for people. These can range from marking someone's cooker so that they can once again prepare food to training a blind person to go shopping, using a cane to get to the shops.

Because of specialist knowledge the team members are able to refer on to other professionals who also help to make life with sight loss easier. The team works in partnership with NHS Low vision services and ophthalmology, providing a seamless service to maximise people's ability to read, while at the same time ensuring that any medical conditions or deterioration in vision is detected and treated without delay.

When people are unable to manage for themselves it is sometimes necessary to get support. Team members can offer advice and support and co-ordinate statutory services working in partnership with Fife Council. Team members can also offer informal emotional support to people with a serious sight loss as a part of the service. If more formal counseling is required they can refer on for this with the agreement of the service user.



Services provided by the Insight Team are:

- Visiting people in their own homes to offer advice and support and co-ordinate specialist statutory services.
- Training people in independent travel skills.
- Helping individuals to maximise reading and writing skills using new equipment and technology.
- Helping people cope with everyday tasks such as cooking, housework and personal care.
- Providing access to social activities including self help groups and holiday opportunities.
- Demonstration and access to a wide range of resources and equipment.
- Working in partnership with NHS Low Vision Services and Ophthalmology.
- Producing reading material in Large Print, CD/Tape and Braille.
- Facilitating access to talking books, newspapers and more specialised publications.

We are available Monday to Friday 9 am to 5 pm. A duty worker is available for telephone or 'drop in' service to offer advice and information on Tuesday, Wednesday and Thursday, 9 am until 12 noon.

To request more information on the activities of the Insight Team please contact us at:

Fife Sensory Impairment Centre, Wilson Avenue, Kirkcaldy, KY2 5EF

Telephone: 01592 644 979

Fax: 01592 200 103

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A subsidiary of Fife Society for the Blind

If you require this information in an alternative format, please contact us on 01592 644 979

