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Henshaws Community Services enable people of all ages living with sight loss to make informed choices about their future, increase their independence and find the confidence to go beyond their expectations.

### BACKGROUND

Evidence shows the circumstances of people with sight loss have worsened in recent years and statutory services are increasingly under pressure. A new model of service delivery was required to support independence and promote self care. Our poster outlines Henshaws Pathway to Independence and why it is important in delivering appropriate and accessible support to people with sight loss enabling them to live as independently as possible.

### METHODS

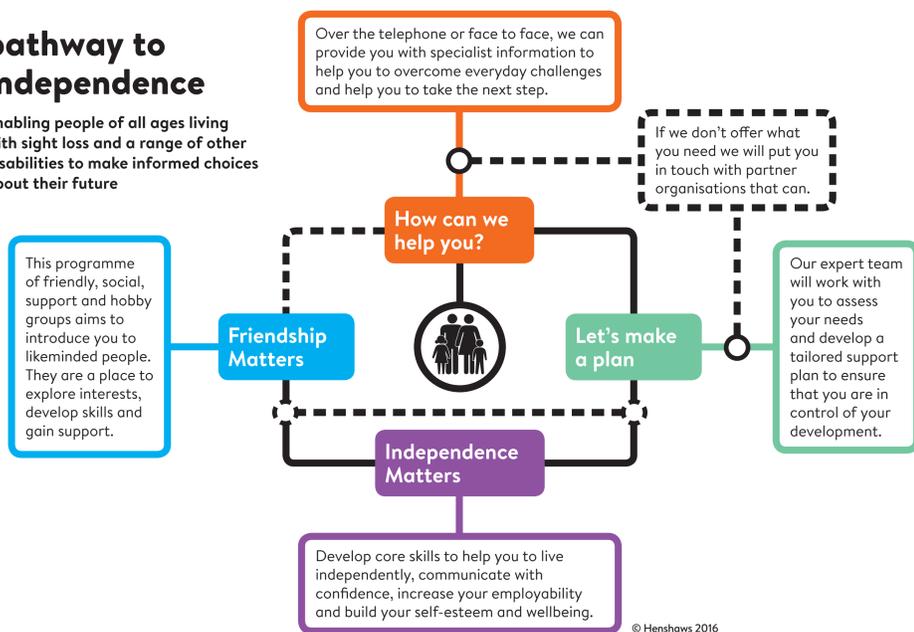
The Pathway was developed in response to the needs of our service users and a broader mapping of local service coverage. Our primary research highlighted that:

- 47% of respondents did not understand their eye condition and what it would mean to them.
- 63% had never had any information about organisations which could help and support them to manage their condition.

Our evidence suggested that to ensure people are not 'lost' in the system and have access to the support they need when they need it, a clearly articulated pathway of what Henshaws could offer, alongside our partners, was crucial. This was particularly important so that people can access support at an early stage, preventing problems becoming compounded and for self-management techniques to be embedded.

### pathway to independence

Enabling people of all ages living with sight loss and a range of other disabilities to make informed choices about their future



91% of people said information and advice was crucial in helping them cope.

There has been a 156% increase in people who reported an increase in knowledge of which aids and equipment could help them to live more independently with their sight loss.

All counselling clients showed evidence of improved mental health and emotional resilience.

Questionnaires with exercise participants show all were more physically active and independent post-course.

Almost two thirds of group members stated peer support groups had decreased their isolation and increased their independence.

Ability to cope with visual impairment

Pre 2.6 Post 4

Knowledge of aids and equipment which can help

Pre 2.97 Post 4.14

Emotional wellbeing

Pre 2.89 Post 3.76

Improved core strength and physical wellbeing

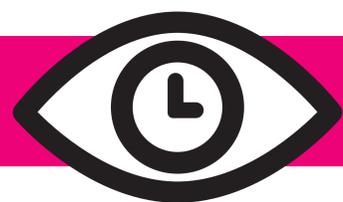
Pre 3.3 Post 4.3

In control of own decisions

Pre 3.3 Post 4.3

### RESULTS

We began implementation of the Pathway in 2014 and can clearly see the impact through our ongoing evaluation:



Over 3000 people have benefited from one or more of our key Pathway activities and received appropriate and timely support based on their needs.

### CONCLUSION

Henshaws Pathway provides a transparent approach to support for people with sight loss – placing them at the centre, building a bespoke package of support which is responsive, flexible and does not require them to fit into a pre-defined approach. This clarity of purpose and person-centred approach has wide implications for practice; if people with sight loss are able to access the right support to live independent lives with improved quality of life and less isolation, the benefits to communities and society at large will also be reaped not least in the cost to the public purse.

“The advice I received from Henshaws has provided me with the information to deal with my condition and use what sight I have to my advantage”