

## Fact sheet

See differently

# RNIB courses on NHS Learning Hub (Health Education England)

(Updated January 2024)

There are four RNIB Learning Choices courses now available free of charge to anyone who creates a learner account on the NHS Learning Hub. You do not need to have an NHS email address.

To register for an account or to log in please go to the following link:

<https://learninghub.nhs.uk/catalogue/rnib>

The RNIB courses are outlined below.

## Contents

Communication Matters .....	2
Feelings, Attitudes and Emotions .....	2
How to guide people with sight loss.....	2
Eye Anatomy and Eye Health.....	3



**rnib.org.uk**



**Helpline 0303 123 9999**

RNIB registered charity in England and Wales (226227), Scotland (SC039316), Isle of Man (1226). Also operating in Northern Ireland.

## **1. Communication Matters**

(Duration 20 minutes)

An introductory course with handy tips for meeting and greeting people with sight loss. This course will help you to explore how and why it is important to communicate effectively, attitudes to sight loss and recognise practical issues around sight loss.

### **Outcomes**

You will

- Be more aware of how you feel about sight loss
- Able to recognise and act to support people with sight loss wherever possible
- You will be able to meet and greet people with sight loss.

## **2. Feelings, Attitudes and Emotions**

(Duration 20 minutes)

An introductory course where you will hear from people with sight loss talking about their personal experiences.. Course will explore your attitudes to sight loss and identify the boundaries in offering support.

### **Outcomes**

You will

- know how to explore your attitudes to sight loss
- be able to identify the boundaries in offering support
- enhance your understanding of how you can respond to and support people with sight loss

## **3. How to guide people with sight loss**

(Duration 40 minutes)

Many people with sight loss may have some useful vision but they might welcome help at times, in an unfamiliar place or at night time for instance. There are no hard and fast rules on how to guide people with sight loss, but the guidelines shown in this course are safe and sensible. This course aims to equip you with the skills to guide people with sight loss safely and confidently.

## **Outcomes**

You will be provided with practical information on

- how to guide those who may benefit from this safely and respectfully
- how to approach people and offer help
- how to negotiate doorways, steps and stairs, crossing roads and using transport.

Factsheet available – Tips on guiding people with sight loss.

## **4. Eye Anatomy and Eye Health**

(Duration 20 minutes)

This course provides an overview of common eye conditions, raises awareness of the importance of eye health and signposts you to support options available.

## **Outcomes**

You will gain:

- an understanding of how eyesight works and some of the common eye conditions
- raised awareness of the importance of eye health
- information to signpost you to the support options available.

**End**