

Carers First

Sensory Conditions Carers Checklist

Caring for someone with a sensory condition, such as hearing loss, sight loss or a combined sensory impairment, can bring a range of practical and emotional challenges. As the person's abilities change, they may need more support with communication, daily tasks and navigating their environment. This checklist has been created to help you feel more confident in your caring role, understand the practical steps you can take and maintain your own wellbeing as you support them.



Your caring role



Understand how sensory changes affect daily life

When someone begins to experience hearing or sight loss, it can affect their ability to complete everyday tasks independently, follow conversations or move safely around familiar and unfamiliar spaces. Understanding the nature of their sensory condition can help adjust how you support them and anticipate where they may need extra help. For an introduction to caring for someone with a sensory condition, [see our article](#).



Support communication in ways that work for them

Communication may become more difficult, especially with background noise, unclear speech or visual information they cannot fully access. Helping them communicate in the way that is most effective, such as speaking more clearly, using gestures, adjusting lighting or reducing noise, can make interactions smoother and reduce frustration.



Learn how to support changes as they happen

Sensory conditions can progress over time, and the person may experience new challenges as their hearing or sight changes. Learning to recognise these changes early and adapting your support can help them stay as independent and positive as possible.





Put an emergency plan in place

When caring for someone with a sensory condition, it can be stressful to think what would happen if you are unable to care due to an emergency. You can use our [emergency plan template](#). This can help you prepare by outlining essential information such as their preferences, medications and a simple guide to their daily care needs.



Explore the support available

Support for sensory conditions may include hearing services, assistive equipment, communication tools and wellbeing support. Understanding what options exist and how to access them can help you feel more confident and better prepared to advocate for the person you care for.



Sign up for the Caring Confidently course

This course has been designed to help you understand the basics of caring for someone. It includes topics such as your wellbeing, finances and self-advocacy. For more information see our [course page](#).

Looking after yourself

It is really easy to get caught up in your caring role and forget to look after yourself. But looking after your wellbeing is key – for both you and the person you care for.



Register as a carer with your GP

By registering with your GP as a carer you will get access to an annual health check and annual vaccination programmes like the flu vaccination. Your GP will also be aware of your situation and will be able to support you in other areas such as your mental wellbeing.



Recognise the emotional impact of your caring role

Supporting someone through hearing or sight loss can bring up a mix of emotions, including worry, frustration and overwhelm. Noticing these feelings and talking to someone who can support you emotionally can help you cope more effectively and maintain resilience in your caring role.



Build a strong support network

Connecting with other carers, friends, family members and professionals can help reduce isolation and reassure that you are not alone. Sharing experiences and advice can strengthen your coping strategies and help you feel more supported in your role.



Make time for yourself

Try to prioritise regular time to look after yourself. This could be something which relaxes you, brings you joy or connects you with other people. It could be helpful to take a look at our [online wellbeing sessions](#) and consider joining a peer support group or sign up for [events in your local area](#). These groups are a great way to create a support network of people around you who understand the challenges of being a carer.



Take a break

Taking a break from your caring role will enable you to recharge. Regular respite breaks, either a few hours or even few days will support you and your own wellbeing. You could ask for friends and family to take over the caring role or look into finding replacement or respite care for a short while.

Managing at home



Create a safe and accessible environment

Adjusting the home to support reduced hearing or sight can make daily life easier and safer. Improving lighting, reducing clutter, marking steps or edges and ensuring walkways are clear can help someone with visual impairment feel more confident. For hearing loss, reducing background noise or ensuring you face the person when speaking can support clearer communication.



Adapt routines to match their needs

Daily tasks may take longer as hearing or sight changes. Planning ahead, giving clear cues, allowing extra time and keeping routines predictable can reduce anxiety and make activities feel more manageable for both of you.



Use helpful technology to support communication and independence

Technology can play a key role in sensory support. Visual doorbells, vibrating alarms, amplified phones, screen readers, magnification devices or speech-to-text tools can make communication and daily routines more manageable. Simple devices like timers, reminders or voice-activated assistants can also help the person stay organised and independent.



Arrange a Safe and Well Check

A Safe and Well Check consists of members of your local fire and rescue service visiting your home, to carry out an inspection and ensure maximum safety. Arrange a visit by contacting your local fire and rescue service.



Managing finances



Get a benefits check

Using the easy tool provided by Turn2us, complete a quick and easy assessment to see what benefits or support you may be eligible to apply for. Check if you're eligible for a reduction on household bills. If you are in receipt of benefits such as Attendance Allowance or a Personal Independence payment you may be eligible for a reduction on some household bills such as your utility bills.



Check if you are eligible for utility bills reduction

If you are in receipt of benefits such as Attendance Allowance or a Personal Independence payment, it may be worth exploring if you are eligible to a reduction on some household bills, such as electricity, gas or council tax.



Keep record and information well organised

Appointments, hearing or vision assessments and equipment updates can be frequent. Keeping clear notes can help you stay on top of changes, communicate effectively with professionals and manage renewals of reviews.

Notes

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