

## Relatives of older people

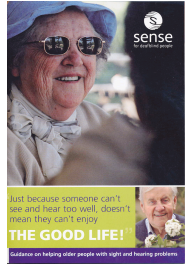


Living with hearing and sight loss in later life can be a challenge. Talking to friends and family, getting out of the house and taking part in leisure activities are all made more difficult by sensory loss. Yet as we become older, keeping active is increasingly important to staying well.

There are many ways to make this possible, but often people are not aware of them.

'The Good Life' booklet is [available in pdf version](#) (1.35mb) and [accessible version](#) (word, 80kb). You can also order copies of this publication free of charge by using the option at the bottom of this page. The booklet aims to raise awareness of the support that is available to make sure all older people with hearing and sight loss are able to live the good life. If you have a relative who doesn't see and hear too well, they may be struggling with daily life and you may not know how best to support them. This booklet aims to help you understand what your relative is going through, how you can help and where to go for more support.

You can also help ensure that all professionals working with older people recognise and support those with a combined sight and hearing loss by following our [clear and easy-to-follow action pack](#).



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