

Sight Loss and Ageing – The Pocklington Research Programme

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Sight loss and ageing

- 1 in 4 people aged 75+ have sight loss sufficient to affect everyday life
- 1 in 2 people aged 85+ have sight loss sufficient to affect everyday life
- 1 in 3 people aged 90+ have serious sight loss

Research, development and influencing

Research:

- Peer-reviewed
- Social and public health
- Up to 700k annual budget

Development:

- Practical guidance
- Training
- Service development

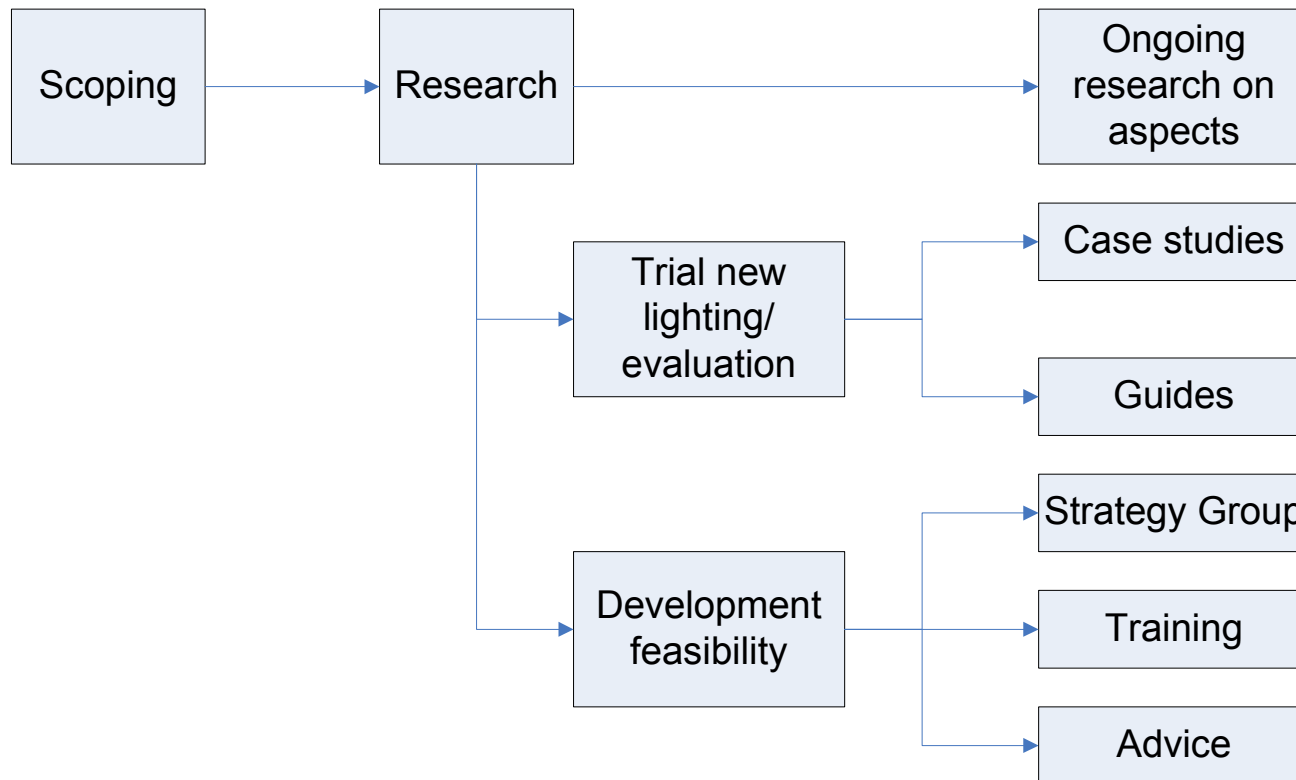
Influencing:

- Publications
- Media articles
- Policy discussions

Research themes

- Housing and home support (+technology)
- Lighting at home
- People with additional needs e.g. dementia
- Vision rehabilitation and emotional support
- Public health

Lighting at home



How much do we know?

We know

- Better lighting can mean returning to hobbies
- Oily fish benefits eye health
- Occupational Therapists keen to improve skills on sight loss
- Up to 50% of serious sight loss in people 75+ can be corrected

We don't know

- Can better lighting reduce falls?
- How can we best use messages about diet?
- How effective is the work of vision rehabilitation workers?
- Are these rates still true?

How much do we know? (cont'd)

We know

- Better glasses can improve quality of life even of very old
- Roadshows reach people from ethnic minorities
- Sight loss is linked to depression in older people
- People with sight loss & dementia are a neglected group

We don't know

- Should older people's vision be screened?
- How are older people in minority communities reached most efficiently?
- What forms of emotional support work?
- How can vision be assessed & corrected in people with dementia?

Sight loss and ageing: summary

- Sight loss is significant in older people
- Quality of life can be improved
- Much more research is to be done
- Partnerships are needed

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