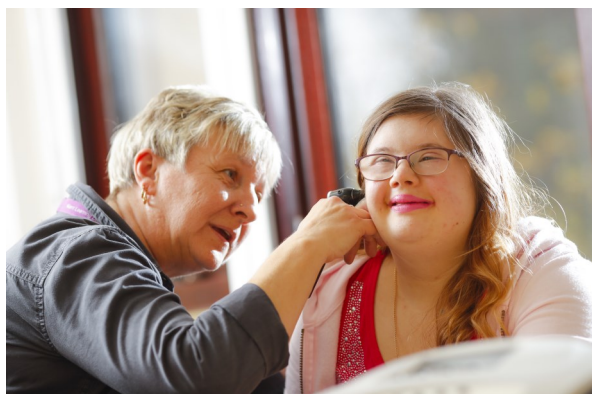


# Eyes and Ears

Everyone has the right to hear and see

You should have your ears checked every 2 years.



You should have your eyes tested every 2 years.



You might have problems with your eyes if..



- You see a change in appearance. Bloodshot, milky, cloudy.
- You hold objects close to your face to see them.
- If you walk into things or use your hands to feel walls around you.

You might have problems with your hearing if..



- You turn the TV or radio up loud.
- You find it hard to locate sounds.
- You raise your voice.

# Eyes and Ears

Everyone has the right to hear and see



**Did you know you can have a  
free health check up every  
year?**

Ask your doctor for a check up.



**Do you have Down's Syndrome  
and aged 30 or over?**

The Community Learning Disability  
Team are offering dementia  
screens.

Call our team!



**Contact the Learning Disability Team**

**Phone:** 0300 1234 195

**Email:** [kentchft.lidsref@nhs.net](mailto:kentchft.lidsref@nhs.net)

**Website:** [www.kentcht.uk/LD](http://www.kentcht.uk/LD)

**(we care)**