

## Living Well Project

### Improving Emotional Support, Communication & Connections for Older People with Sensory Loss

- **Wellbeing Café** (Ayr Smiths Restaurant)  
Monthly support in a coffee shop to provide an opportunity to communicate, connect with others and receive emotional support and a listening ear.
- **Managing Sight Loss & Improving Wellbeing**  
One to one session to individuals with age related sight loss conditions who need support whether emotional or practical by way of information on equipment.
- **Managing Hearing Loss & Improving Communication** (Largs)  
Training support sessions which include good communication and lipreading techniques face to face support or through Communication Videos.
- **Supporting Wellbeing Videos**  
We will distribute 6 support videos to help individuals cope better with their sensory loss – “How to Clean Your Hearing Aid” / “How to Change Your Battery” / “How to Re-Tube Your Aid” / “Good Communication Tips” / “Sight Loss Tips” / “Stress Management Tips”.
- **Sensory Help Packs**  
We will issue these packs with tools and guidance to help improve communication and empower individuals to manage their sensory loss. Packs include – hearing aid multi tool, puffer, silica gel, alcohol wipes, hearing aid batteries, hand magnifier, bump-ons, support lanyard and guidance notes on hearing & sight loss.
- **Battery Pick Up Points**  
We will offer hearing aid battery pick up points in local community settings through other agencies & third sector partners

For more information on these services please Call 01292-266791 or Email [denise@sisg.co.uk](mailto:denise@sisg.co.uk) or check out our website [www.sisg.co.uk](http://www.sisg.co.uk)

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