

Expert sight loss awareness training

Empowering future GPs to confidently support vision impaired patients



RT VITALS

Make ***bounds***,
not boundaries!

Improve your practice

Improve your awareness of vision impairment (VI)

Training overview

- **Impact of sight loss:** develop a greater understanding VI and its impact on daily life.
- **Raising the bar:** a gripping insight into what people with VI can achieve through real-life case studies and compelling media.
- **Confident practice:** practical communication techniques for GP trainees to overcome common barriers in medical consultations.
- **The whole appointment:** how to ensure that your GP practise provides the relevant support to a VI patient before, during and after their consultation.
- **Continuity of care:** an overview of the Sight Loss sector and how to make effective referrals.

Empowerment and confidence for future GPs

- Learn the tools and strategies to create a more inclusive and supportive healthcare experience for VI individuals.
- Gain confidence in approaching sight loss with empathy, positivity and respect.



Format

Interactive workshops, case studies and Q&A sessions that can be in person or remote.

Who can benefit from this training?

GP trainees, medical students or any professional working in healthcare.

Why book a workshop with RT VITALS?

About RT VITALS

RT VITALS empowers visually impaired (VI) individuals to lead confident, active, and independent lives by breaking down barriers and fostering inclusion.

We achieve this through:

Sports and fitness techniques to improve balance, coordination, and posture for VI individuals of all ages and abilities.

Sight loss awareness training for healthcare, education, and sports professionals, fostering understanding and creating inclusive environments.

Roy's story...

RT VITALS was founded by Roy, a blind athlete, consultant, and musician, whose life is a testament to the power of inclusion. Born totally blind into a family where both parents and siblings also have vision impairments, Roy was raised in an environment that focused on abilities rather than limitations. His parents' unwavering encouragement enabled him and his siblings to thrive in mainstream education, excel in fulfilling careers, and proudly represent England and Great Britain in sports. Roy's passion for disability awareness grew from listening to the struggles of other VI individuals who lacked the inclusive experiences he enjoyed. Shocked by the barriers and misunderstandings they faced, especially in sports and education, Roy has committed himself to fostering inclusion and accessibility, and promoting a much more 'Can do' attitude amongst communities and organisations.



Roy Turnham

RTVITALS Founder, Paralympic Athlete and sight loss awareness consultant

Contact us:

Please contact us to book a session, or to have an informal chat about this training:

Email: roy@rtvitals.com

Phone: 01482 524607

Mobile: 07771 871736



Find us on social media:



Visit our website to find out more:

[**rtvitals.com**](https://www.rtvitals.com)



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