

Teach yourself the deafblind manual alphabet



sense

connecting sight, sound and life



Sense is a national charity that supports people who are deafblind, have sensory impairments or complex needs, to enjoy more independent lives.

The world at your fingertips

Imagine you couldn't see or hear – how would you communicate?

The chances are you would rely on touch to make sense of the world.

You might use the deafblind manual alphabet shown overleaf, spelling out words to have a conversation. Or you could use symbols, braille, sign language or other methods to get your message across.

Sense works with and campaigns for the needs of deafblind people in the UK. We also work with many of the thousands of people who have a combination of sight and hearing problems plus other disabilities.

Sense believes everyone has the potential to learn and communicate, provided they receive specialist support.

Contact Sense for advice and information about our projects and services, and about supporting our work

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