

# CHARLES BONNET SYNDROME



Charles Bonnet syndrome (CBS) is a common condition among people who've lost their sight.

It causes people who have lost a lot of vision to see things that aren't really there – medically known as having a hallucination.

CBS hallucinations are only caused by sight loss and aren't a sign that you have a mental health problem.

## WHAT CAUSES CBS?

CBS is caused by **loss** of vision and the way your brain reacts to this loss.

When your sight is good and you are seeing real things around you, the information received from your eyes actually stops the brain from creating its own pictures. When you lose your sight, however, your brain isn't receiving as much information from your eyes as it used to. Your brain can sometimes fill in these **gaps** by creating new fantasy pictures, **patterns** or pictures. When this happens, you experience these pictures as hallucinations.

CBS **tends to** start in the weeks and months following a big deterioration in your sight.

## What kinds of things might I see?

Your hallucinations can be of almost anything you can think of – they can **range** from simple patterns, shapes or colours, to **vivid** detailed pictures of people, animals, objects or buildings.

CBS hallucinations only affect your sight, which means that you don't hear, smell or feel things that aren't there. Usually with CBS you're **aware** – or can learn to recognise – that what you're seeing isn't real even though it's very vivid. People with CBS don't usually develop complicated thoughts or ideas about why they are seeing things.

Here are some words that will help you to understand the video:

# MATCH

1. CATCH UP	* Continue doing something.
2. TROLLEY	* Very detailed and complicated.
3. SUDDENLY	* Making it no longer recognizable.
4. SEEM	* Fall or sink heavily.
5. DISSOLVE	* To move fast enough to reach the same level or standard.
6. INSTANCE	* A type of things with similar characteristics.
7. MUD	* A particular occurrence of something. An occasion.
8. SLIDE DOWN	* Immediately. Performed with little or no delay.
9. CARRY ON	* To look like, to be apparent or probable.
10. SORT	* An object with wheels you use to transport things.
11. STRAIGHTAWAY	* Sticky mixture of earth and water.
12. ELABORATE	* Quickly and without warning.

## What's it like to experience CBS?

Bee has glaucoma. She first experienced CBS when she was shopping. She explains the types of hallucinations she gets and how she copes.

1. CBS Syndrome causes **on people who are totally or partially blind.**
2. CBS Syndrome is the brain's reaction to sight loss.
3. When people lose their sight the brain replaces the information it used to receive by:
4. When you have hallucinations you can see:
5. These hallucinations not only affect your sight but also your taste, smell, touch and hearing.
6. People with CBS will never be able to know if what they see is real or not.
7. Mrs Bee was born blind.
8. Mrs Bee started to have hallucinations **years after she began to lose her sight.**
9. When Mrs Bee was shopping suddenly all the shelves started to:
10. It's not possible to control the images you experience with CBS.
11. People with CBS Syndrome usually suffer from Dementia too.