

Low Vision Devices

Lighting:

If you use only one eye, keep your light on the side of the eye you use. Sit with the light over that shoulder or next to you. If you use both eyes, try to have lighting on both sides of you. The light should come from behind or overhead, not in front.



Working Distances:

If you are using lenses that focus closer than usual:

bring your reading material close to you,
touch your nose with it.
then slide it away until it is clear.

If you are using a stand magnifier, it must always be at the same distance from the page.

Do not move it closer to you or away from the page.
Keep it flat on the page.

If you are using a hand-held magnifier:

first put it flat on the page that you are reading.
then move it away from the page.
stop moving when things are clear, and the view fills the lens.



Telescope:

Find or spot the object you want to see **without** using the telescope.
Then hold the telescope in place and start to focus it.
Start with the telescope focused “down” at its shortest length.

Then start focusing by slowly turning until the length of the telescope expands.

Then stop when it is clear.

Reading At Close Distances:

First find the right distance.

Then get your reading material clear.

When reading, do not move your head or eyes.

Move reading material from side to side slowly when reading.

Filters:

Do not wear your dark filters at night.

Please call the VA Northwest Network Call Center at 1-888-233-8305 with any problems or questions. They are available 7 days a week, 24 hours a day. They can advise you and can contact the eye doctor on-call for emergencies