

Patient Information – Low Vision Clinic

Department of Ophthalmology

Broken or lost equipment

For broken or lost equipment to be replaced, a clinic appointment is not always necessary.

Please telephone **01438 288273** and ask for a member of the Low Vision team to call you back.

Making the most of your vision

Good light - You may need more light than before to read. Move to a window or consider a **daylight lamp** which can be angled to avoid glare.

Magnification - Use your spectacles with the magnifier.

- **Hand magnifier** - Hold the magnifier close to the page, lift it up towards you until it blurs. Then move the magnifier towards the page again, this gives you the maximum magnification.
- **Stand magnifier** - Place the magnifier onto the page on a flat surface like a table or clipboard. Bring your eye up to the magnifier until it is in focus. You may have to get quite close to it.

With all magnifiers, the stronger the magnification, the smaller the field of view. This means you will see fewer letters of a word at a time. You may need different magnifiers for different tasks. It takes some practice and perseverance using magnifiers, and you should take regular breaks!

Useful resources

- **RNIB** - Royal National Institute of Blind People

Everyday living catalogue – online shop

Items include: talking clocks, daylight lamps, cooking gadgets, video magnifiers, enlarged playing cards, large mobile phones, computer help and more.

Telephone the Helpline on 0303 123 9999
www.rnib.org.uk/shop

- **Herts Vision Loss**

A local voluntary organisation which offers practical and emotional advice and support for patients and carers.

Telephone: 01707 324680

