

## *Avoiding Falls: Tips for Patients with Low Vision*



### ***What Is Low Vision Rehabilitation?***

#### ***What Is Low Vision?***

Mild low vision is a visual acuity of 20/40 or worse with the use of glasses or contact lenses. Severe low vision is a visual acuity worse than 20/200 with glasses.

Low vision rehabilitation uses technology to improve vision or substitute other senses for vision. This is done through increased contrast, magnification, increased illumination, and use of audiotapes and computer programs.

New technology for low vision includes Low Vision CCTV, which is a computer-based product that allows superior magnification. It is also available as a talking program.

There are also numerous tools such as contrast enhanced watches, talking watches, talking calculators and alarms, computer screen magnifiers, special keyboards, magnifying glasses and binocular and monocular magnifiers, illuminated magnifying mirrors and lamps, special mobility canes and accessories, safety devices, security tools, and a lot more.

### ***Where to Get Help***

If you or someone you know has a problem with low vision, you can call the following numbers to get a catalog of products: 1-800-537-2118 and 1-800-468-4789. You can speak with a vision rehabilitation specialist who will advise you on how to select the most suitable product for your level of vision and your specific need.

In some states, an individual with low vision may be eligible for financial assistance based on income level.

As always, check with your physician before pursuing any treatments or rehabilitation programs.