

# Low Vision Exams - What to Expect

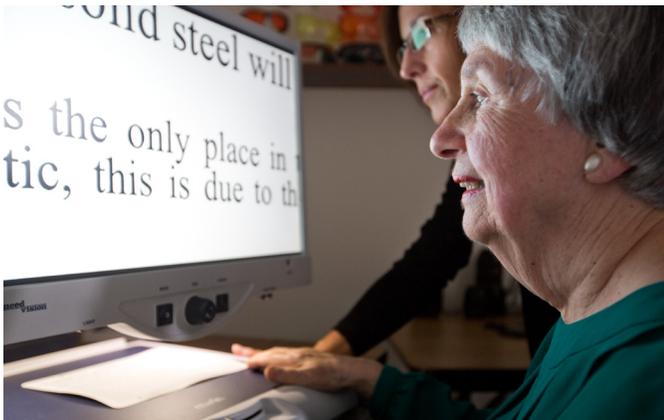
## MASSACHUSETTS ASSOCIATION for the **Blind and Visually Impaired**

CONFIDENT LIVING WITH VISION LOSS

### WHAT TO EXPECT AT A LOW VISION EXAM

Low vision exams are different from regular eye exams. While some of the tests will be familiar, other tests are specific to low vision testing. The primary goal of a low vision exam is not to diagnose eye disease, but rather to maximize your functional vision. Some people want to be able to read newspapers again while others want help to see the TV better. During a low vision exam, the doctor will discuss your goals and will recommend devices and training that will assist with those goals.

Low vision specialists work closely with occupational therapists (OT) that specialize in vision rehabilitation. After your low vision examination, an OT may be assigned to you to offer training and strategies that will maximize your success with the recommended low vision aids.



### WHAT TO BRING TO A LOW VISION EXAM

Since a low vision examination is goal-oriented, it is a good idea to bring any reading materials that interest you to the exam like a book or favorite magazine. If you like sewing or crafts, bring them too.

There will be a lot of new information discussed during a low vision appointment. It is advisable to have an interested family member or friend accompany you so that you can later discuss the topics brought up during your appointment.



### AFTER YOUR LOW VISION EXAM - IN HOME TRAINING

Your doctor has recommended you have in-home training with an occupational therapist to help you become more confident doing some of the everyday activities listed below. The occupational therapist will call you to set up an appointment within the next couple of weeks to possibly work on:

#### Reading and Writing Tasks

- Read the newspaper, magazines, books, mail
- Read labels, prices, menus, directions
- Write checks, cards, envelopes
- Use your computer
- See store aisle signs, street signs, bus numbers

#### Performing Daily Activities

- Meal preparation tasks (pouring, measuring, cutting)
- Medication organization
- Strategies to identify colors of clothing
- Strategies for shaving, putting on makeup, and other grooming activities
- Tracking medical appointments
- Diabetes management

#### Leisure Activities

- Watching TV
- Knitting/crafts
- Crossword puzzles

#### Safety and Environmental Recommendations

- Lighting and glare reduction
- Marking steps and railings to reduce falls
- Marking appliances and outlets for safe usage

**To learn more about confident living with vision loss or to schedule a low vision exam, call us at 508-854-0700 or 888-613-2777.**

**Doctors: visit [mabvi.org](http://mabvi.org) for referral information.**