

Tips for Living with Low Vision



Take these 10 Steps to Help Keep Your Independence

1. Investigate!

There are many places you can go for help if you have low vision. A number of agencies and organizations across the country can provide information about support and rehabilitation services, as well as other resources. Call Prevent Blindness America at 1-800-331-2020 and let us help you get started.

2. Advocate!

If you've been told "nothing more can be done with regular corrective eyeglasses," you may need to have a low vision specialist evaluate you. Vision rehabilitation specialists can prescribe magnifiers, telescopic aids, closed-circuit TVs and other products that can help you make the most of your limited vision. Ask your doctor for a referral to a specialist.

3. Support!

If you are having trouble learning to live with vision loss or want to meet other people who are dealing with vision problems, a support group can be a great resource. Support groups can help you find out how other people have coped with sight loss. They can help you learn how to do old things in new ways, get more information on low vision and meet new friends.

4. Communicate!

Write down questions for your eye doctor before your next visit. Speak openly with him or her about your questions and concerns. Ask a family member or close friend to go with you into the examining room. It helps to get someone else's input and will help them understand your eye condition. Family members may surprise you with their creative solutions!



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5. Anticipate!

If your eye doctor has told you that you could lose more of your vision, get prepared. Stay positive about the challenges of living with low vision. You may need to develop new skills for daily living. Learn as much as you can about resources and rehabilitation services that are available. It will make adjusting easier if you are prepared ahead of time.

6. Assert Yourself!

Don't take "no" for an answer! Many people who have low vision don't know that help is available. Ask your eye doctor for information and referrals. Remember—you are on a mission to keep your independence.

7. Educate!

Learn everything you can about your eye condition. The more you understand, the less fear you may experience. Educating yourself helps address your concerns and assists you in talking to your eye doctor and others about your vision problems. Knowledge gives you control.

8. Be Determined!

It's common to feel anger, grief and depression when you have vision loss. Losing even part of your vision can be devastating. But stay determined and be persistent. You can make the most of your remaining vision.

9. Stay Motivated!

Take control! Know that much of what has to be done to keep your independence and quality of life must be done by you.

10. Stay Hopeful!

Support Research! There are many exciting advances that have been made possible through medical research. A cure may be found in the future for many eye conditions and diseases. Support research with your vote. Write your Congressional representatives and stay involved.

