

LOW VISION

What you need to know



1,800,000

There are **1.8 million** people in the UK with some level of sight loss

If your sight is poor, try to make things:



Magnifiers can help.

Get advice on choosing and using one from a Registered Dispensing Optician



Bigger **BOLDER** Brighter



Low **vision**

Is low vision causing you to miss out?

A registered dispensing optician is trained to advise on low vision and help you learn to use the sight you have.

Low Vision is when an eye disease affects your vision in a way that cannot be solved by spectacles.

MAKING EYECARE CLEARER

I know my vision isn't great: what can I do to make it easier to see things?

MAKE THINGS BIGGER

The larger something is, the easier it is to see. The RNIB shop has items to help you, such as phones with large buttons, as well as watches with large clear numbers, easy to see kitchen scales and large print games.

MAKE THINGS BOLDER

Bold lines are easier to see than faint ones, so to make it easier at home why not write with black marker pens with a thick nib. This will allow you to write notes more easily and read back what you have written.

If you struggle with navigating your home, a contrast strip on the edge of a stair can make it stand out, and contrasting tape on hard corners can save you from knocking yourself each time you pass.

MAKE THINGS BRIGHTER

If you find something hard to see, better light will always help. Try using powerful light bulbs and add an extra lamp where you find things difficult to see. Make sure you have a lamp shining on the page when reading.



GO ONLINE AND
FIND OUT MORE

