



What to Expect During a Low Vision Evaluation

An appointment for a low vision evaluation with the Indiana University School of Optometry Low Vision Rehabilitation is one of the most important appointments you can make for improving your ability to see. To get the most from the examination:

First, you must realize your lost vision cannot be restored. This is a rehabilitation process. That means you are going to be taught how to effectively use your remaining vision.

We can help you use your remaining vision in three different ways.

1. By teaching you to use your remaining vision more efficiently than you do now. There are many eye movement skills that you will learn to do this.
2. By showing you how to perform tasks by using alternative devices such as better lighting, high contrast, enlarged print, and auditory or hearing techniques.
3. By teaching you how to use special optical devices such as magnifiers, spectacle microscopes, and telescopes. These will improve your ability to see detail but may require you to hold material close to your eyes or see through only a small field of view. The benefits, however, usually far outweigh the limitations if you are truly motivated to see.

Preparing for the Appointment

Please think about specific problems you are having at home, work, or school because of your failing vision. These may include problems

with reading, watching TV, getting around, playing cards, sewing, knitting, woodworking, or other social and recreational activities. Some of these problems may not be helped by the options available, but we cannot try to help unless we know what your specific problems are. Think about those things that you would like to see and do better. Start to think in terms of goals. It will be helpful to write down problem areas or have the person reading this write them down for you—along with the goals you hope to attain.

The examination may be lengthy. The initial evaluation may last 1.5 to 2 hours, so please plan for this extended visit. Make sure you schedule around your medications and meals, and select a time when you feel your vision is at its best.

What to Bring to the Evaluation

Bring any glasses or magnifying glasses you are presently using. If you have any special materials (forms, books, needlepoint, etc.) you want to be able to work with, bring them to the evaluation as well. This is particularly important for material you use at work, school, or for hobbies you wish to pursue.

Finally,

This will be your initial visit. We may need to see you several times to make sure that you are getting the best prescription for your eyes and that the goals you want to accomplish are attained.

Keep in mind through this experience that the best low vision service occurs when you form a partnership with us, one where you and we (your doctors) understand your goals and work together to attain them.

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