

## **Frequently Asked Questions**

### **Q. I have low vision. Does it mean I will go blind?**

**A.** While some eye diseases can cause total loss of sight, most, such as macular degeneration, generally do not. Even those diseases that can cause blindness, with proper management, can usually be controlled. Most people with low vision have a great deal of useable sight. Some may be considered legally blind, meaning they have less than 20/200 vision or their field of vision is restricted to a 20-degree diameter, but even then they often have a lot of available vision that can be used with proper instruction and vision enhancement. With training, you can learn to adapt to the changes in your vision.

### **Q. Will I be totally dependent on others?**

**A.** Not at all. With the help of vision rehabilitation, you can learn to adapt to the vision changes that your eye condition causes (such as loss of central vision) and continue to see and live a very full, active and independent life.

### **Q. Will I always have low vision?**

**A.** Some causes of low vision such as cataracts are very treatable and good vision can be restored. When caught early, other conditions, like wet macular degeneration and glaucoma, can be stopped or slowed although damage already done is not reversible. A lot of research is underway on both the prevention and treatment of eye

diseases. Even nutritional strategies may be able to slow the development of some conditions. Consult the web sites of the support organizations and resources listed in this guide to stay abreast of current developments.

**Q. Will treatment for my low vision be covered by insurance?**

**A.** Fortunately, many aspects of vision rehabilitation are now covered by Medicare as well as some private insurance companies. With that said, many of the adaptive devices you might require to increase your personal freedom are not covered by most insurers and must be paid for personally. Consult with your Vision Rehabilitation Specialist to determine what kind of low vision devices and systems would be best for you. Some may be available at little or no cost through vision support organizations listed in this Guide.