Overview

Has your life changed significantly because you no longer primarily use your eyes to accomplish the things you used to do routinely during the course of the day? In fact, you may already have started doing many things in a different way. When you learn to live with low vision, you are involved in a process. At the beginning, you may doubt that you can manage on your own. In time, however, you adapt and learn to carry out daily living tasks competently and independently. At the beginning, you enter a whole new world, one that includes rehabilitation services, orientation and mobility, as well as adaptive equipment and techniques. To make sense of this new world, why not take it one small step at a time? This course is designed to help you do just that. Acquiring information about low vision will enable you to take an active role in your rehabilitation process.

The information you need to achieve this goal is presented in the textbook *Coping with Low Vision* and this study guide. The textbook, published by
Singular Publishing Group, Inc., was written by Marshall E. Flax, Don J. Golembiewski, and Bette L. McCaulley. The study guide, written by the staff at The Hadley School for the Blind, is designed to guide you through the textbook.

Study guides are popular tools for completing distance education courses. They identify what you should be able to do after completing each chapter and summarize the material presented in the textbook. They also include the self-tests and assignments that enable you and your instructor to evaluate your progress throughout the course. To benefit the most from this type of distance learning, follow the directions in this study guide. They explain how to proceed through the course.

The course divides the textbook into five units. Unit 1 examines the issue of low vision in terms of the visual system. Unit 2 describes the diseases and the myths that can affect basic eye care. Unit 3 addresses concerns, both physical and emotional, that may accompany vision loss. Unit 4 describes the various specialists and optical aids
involved in visual rehabilitation. Unit 5 introduces information about programs and resources that can enable you to adjust to vision loss. While the final chapter is optional, you are encouraged to read it because it may address some of your questions or concerns. It includes common questions from people who have experienced vision loss.

The resources and services originally included in Appendices A and B of the textbook have been updated and expanded for your convenience. These are now included in the Resource List that accompanies the course. Therefore, refer to the Resource List whenever the textbook instructs you to consult either appendix.

No prerequisites are necessary before starting this course. To complete the course, however, you need the materials that The Hadley School for the Blind has provided and writing materials in the medium of your choice. If you are taking the audiocassette version of the course, you will also need your own cassette player.

The self-tests that conclude the units are for your
personal development only. Do not mail your answers to your Hadley instructor. Rather, use these questions as a comprehension check and compare your answers with those included in the study guide.

You are required to submit to your instructor the assignment that ends each unit. If you mail your assignments, send them Free Matter for the Blind provided they are in large print (14 point or larger), on cassette, or on computer disk. Mailing labels are enclosed for your convenience. The Contact Information Card that is also enclosed indicates your instructor’s fax number and e-mail address if you prefer to send your assignments electronically.
Visual rehabilitation is the key to getting the most out of your residual vision. Unit 1 examined the issue of low vision in terms of the visual system. Unit 2 described the diseases and myths that can affect basic eye care. Unit 3 addressed concerns, both physical and emotional, that may accompany vision loss. This unit describes the various specialists and optical aids involved in visual rehabilitation. Pursuing this education and training will enable you to take an active role in your rehabilitation process.

Unit 4 includes Chapters 11 through 13. Chapter 11 examines rehabilitation services. Chapter 12 describes a variety of optical aids. Chapter 13 explains eccentric viewing (i.e., using off-center vision).

**Objectives**

After completing this unit, you will be able to

a. evaluate which rehabilitation services will serve you best
b. identify optical aids that may benefit you

c. explain eccentric viewing

Chapter 11: Vision Rehabilitation Services

Visual rehabilitation entails working with various professionals, from eye doctors to social workers. Chapter 11 stresses the importance of investigating your options, so you can not only choose specialists who take an interdisciplinary approach, but who also make training and education an important part of their program. The chapter offers tips on finding quality low vision services. It ends by stressing that everyone's needs are different; therefore, only by asking the right questions can you find the most useful services for you.

Chapter 12: Optical Aids

Because optical aids come in many styles from many manufacturers, several factors must be considered before selecting the right optical aid for you. Chapter 12 discusses some of these factors and cautions you about lens quality. It briefly describes many optical aids—magnifiers, reading
glasses, loupes and visors, telescopes, and video magnifiers. The chapter explains two types of aids for visual field loss, prisms and reverse telescopes. You might even consider some nonoptical aids—lamps, clipboards, and reading stands.

Chapter 13: Eccentric Viewing

Eccentric viewing involves learning how to use your off-center vision. This chapter details how people with a central blind spot can improve their vision by using enhancement techniques.

📚 Reading Directions

Now that you have an overview of Chapters 11 through 13, read print pages 59-94 of the textbook. Once you have read the material, return to the study guide to answer the questions in the following self-test.

✔️ Self-Test for Unit 4

Answer the following questions that measure your knowledge of the material presented in Chapters 11-13. Then compare your responses with those provided.
Are the following statements true or false? If false, reword the statement to make it true.

1. Location and cost are the two most important factors to consider when trying to find the rehabilitation service that will help you get the most out of your remaining vision.

The statement is false. The two most important factors to consider when trying to find the rehabilitation service that will help you get the most out of your remaining vision are (a) whether the service takes an interdisciplinary approach, and (b) whether the program puts high emphasis on training and education. Location and cost are important considerations in the overall picture, of course, but they should not be considered first when you are seeking to get the most out of your remaining vision.

2. It is better to try looking for stronger glasses or a magnifier before you use a rehabilitation service.
The statement is false. It is better to start off at a rehabilitation service, thereby avoiding the cost and frustration that result from a more random search for the right optical aids.

3. Two 69-year-old people with age-related maculopothy who have the same visual acuity might have very different goals and seek different solutions for their situations.

The statement is true.

4. The Fresnel prisms used for expanding visual field awareness function differently from other prisms used in low vision corrections.

The statement is true.

5. To see better, most people with low vision need more light than readers or viewers with little or no vision loss.

The statement is true.
Choose the correct answer for each of the following multiple-choice questions:

6. Which of the following is a useful question to ask a vision rehabilitation provider?
   a. What disciplines are represented by the staff who will be working with me?
   b. Do you provide training in the use of low vision aids and/or remaining vision? If so, who exactly does this training?
   c. Do you loan aids? Is there any extra charge for this service?
   d. all of the above

The correct answer is (d). Useful questions to ask a vision rehabilitation provider include the following: What disciplines are represented by the staff who will be working with me? Do you provide training in the use of low vision aids and/or remaining vision? If so, who exactly does this training? Do you loan aids? Is there any extra charge for this?

7. Which optical aid can magnify an image by as much as 60 times and can also turn black
letters on a white background into white letters on a black background to allow easier viewing?

a. illuminated stand magnifier  
b. video magnifier  
c. reverse telescope  
d. none of the above

The correct answer is (b). A video magnifier can magnify an image by as much as 60 times and can also turn black letters on a white background into white letters on a black background.

8. Hand-held magnifiers
a. must be held steadily and at an exact distance from the print to obtain the maximum amount of magnification  
b. have a base to hold the lens steady at the proper distance from the page  
c. offer the widest field of view of any optical aid  
d. are more expensive than video magnifiers

The correct answer is (a). Hand-held
magnifiers must be held steadily and at an exact distance from the print to obtain the maximum amount of magnification.

9. Which statement is true about telescopes?
   a. They allow a person to sit at a table and read print at a normal distance with very high magnification.
   b. They are the best aid for people who have lost peripheral vision.
   c. They are the only low vision aid that will improve vision for objects in the distance.
   d. They have built-in lights.

   The correct answer is (c). Telescopes are the only low vision aid that will improve vision for objects in the distance.

10. To get the most out of your remaining vision when a central blind spot is present, you need
   a. a loupe
   b. training in using your peripheral vision in a different way
   c. a reverse telescope
   d. none of the above
The correct answer is (b). To get the most out of your remaining vision when a central blind spot is present, you need training in using your peripheral vision in a different way that is called eccentric viewing.

If necessary, review the material now before proceeding to the assignment. When you are ready, complete Assignment 4, which follows. This assignment includes questions that relate to Chapters 11, 12, and 13.

Assignment 4

Complete this assignment in the medium of your choice. Begin by giving your full name, address, and phone number. Also indicate the name of this course, Assignment 4, your instructor's name, and the date. Then provide your answers. Be sure to indicate the question number along with your answer. Instructions for sending assignments are in the Overview to the course.

1. As part of evaluating what rehabilitation services will be most valuable to you, identify three professionals who may be part of an
interdisciplinary eye care team, and describe what role each might play in serving your needs.

2. Describe two optical aids that could be used to improve your low vision.

3. Explain eccentric viewing.

Once you have completed this assignment, mail, fax, or e-mail it to your instructor. This concludes Unit 4. When you are ready, begin Unit 5, which follows.