

Information for Patients

Making the most of your sight – who can help

If you cannot see to read this leaflet please ask a member of staff for one in a larger print, audio or braille.

If you have been told that there is nothing more that can medically be done to improve your vision, read on. Many people who have low vision do have some useful vision that they use in their daily lives. This information leaflet explains how you can make the most of your sight and details useful organisations and support services that you may find helpful.

Help in the Outpatients Department

If you are referred to the Low Vision Aid (LVA) Clinic the staff will be able to offer advice about many things. Contact details can be found at the end of this leaflet.

The following questions demonstrate some of the help and advice offered by the clinic and things that you may like to learn more about.

Will I need different types of magnifiers for different jobs?

Most people will use different magnifiers for doing different things as they come in different strengths and sizes. You may like to make a list of the things that you are having difficulty with to help the staff find the most suitable ones for you.

How can I protect my eyes?

Protecting what vision you have is very important and the staff can offer advice about safety eye wear.

There is also a leaflet available called '**General information on eye safety**' which provides useful tips on keeping your eyes safe. Please ask a member of clinic staff for a copy.

What can I do to reduce glare?

Glare is a particular problem for most people on a bright sunny day and is termed discomfort glare. For some patients with some useful vision it is even worse and they often experience photosensitivity which can further reduce vision.

Your low vision aid clinic or local society will be able to offer you help and advice on managing glare.

What is the best type of lighting for doing tasks?

Your low vision aid clinic or local society will be able to offer you help and advice on lighting. You may find it useful to use stronger bulbs to provide non-glare lighting. Lamps are often useful in assisting reading. It is also important that the lighting levels are consistent to avoid shadows and dark areas.

Which colour contrasts are better for me?

By using contrasting colours it may help with identifying objects and with reading. Black writing on a yellow or white background reduces glare and makes writing easier to read. The bigger, bolder and brighter the better. Again your low vision aid clinic or local society will be able to offer you help and advice.

What is eccentric viewing?

Eccentric viewing is a technique that people can learn to utilise in order to use their peripheral vision more effectively when suffering with macular disease. It is a technique that takes a lot of time to get used to and may not be suitable for everyone.

Eccentric viewing is not offered at the low vision aid clinic, but the macular disease society can provide you with information if you are interested. The contact details can be found at the end of this leaflet.

Henshaws patient support in the Outpatients Department

Henshaws patient support can give help and advice on accessing the Social Services Sensory Team and local/ national societies. The following questions demonstrate some of the help and advice offered by these services and societies.

- How can I find out more about my eye condition?
- Are there any financial benefits I can claim?
- Is there anybody I can talk things through with?
- Who can help and advise me about getting out and about safely?
- How can I get sorted out with gadgets and equipment to help with daily living tasks and to be safe in the home?
- Would there be any help at education colleges if I wanted to do a course such as learning computer skills?
- Can I get help to enable me to stay in work or re-train?
- Any tips about keeping going with holidays, hobbies and interests?
- Is there a list of telephone numbers for help and advice available for me to take away?

This list is not exhaustive and there may be many other things you want to ask about. Our support team is there for you, please do contact us.

Useful telephone numbers

Henshaws Patient Support in the Outpatient Department Manchester Royal Eye Hospital (0161) 276 5515 Monday – Friday 9.00 am - 4.00 pm

Low Vision Aid Department Telephone (0161) 276 5535 Monday – Friday 9.00 am - 4.00 pm

Manchester Social Services Telephone (0161) 255 8250 If you live outside of the Manchester area, Henshaws society for the blind will be able to direct you to local services in your area.

Local Societies

Henshaws Manchester

www.henshaws.org.uk

Email: info@manchester.org.uk

Telephone: 0300 222 5555

National Societies

Royal National Institute for the Blind (RNIB)

www.rnib.org.uk

Telephone Helpline 03031 239999

The Partially Sighted Society

www.partsight.org.uk

08444 774966

Diabetes UK

www.diabetes.org.uk

Telephone 02074 241000

The International Glaucoma Association (IGA)

www.glaucoma-association.com

Telephone Sightline 01233 648170

The Macular Disease Society

www.maculardisease.org

Telephone 01264 350551

The British Retinitis Pigmentosa Society

www.brps.org.uk

Telephone: 08451 232354

Nystagmus Network

www.nystagmusnet.org

Telephone: 08456 342630

Guide dogs children and young person's services

www.guidedogs.org.uk

Telephone 08007 811444