

Information for Patients

Your Telescope

Use of Your Telescope

First look in the direction of the object you want to view, then bring the telescope as close to your eye as possible whilst pointing it towards the object. Make sure you are looking through the correct end of the telescope; if it makes things look smaller rather than bigger then turn it around.

Some telescopes do not require manual focusing (fixed focus) and are ready to use straight away. If you have a manual focus telescope you will need to focus it before use; the focusing mechanism varies depending on the model, your Optometrist will demonstrate this to you at your appointment.

To manually focus your telescope, point it toward an object in the distance. Whilst holding the telescope steady with one hand use the other hand to change the focus until the object becomes clear then keep going until it just starts to go blurry. Now stop and go back in the opposite direction until the object appears in focus. This process ensures the clearest view.

Helpful hints for using your telescope

- **Do not be discouraged if the telescope seems difficult to use at first.** With practice, your handling and technique will improve. You cannot harm or weaken your eyes by using the telescope; use it as much as you want to.

- Your telescope may be useful for independent travel, events, trips etc. You can keep it in a pocket or bag or hang it around your neck when not in use.
- To scan a large object, room or scene, make sure that you move your head and telescope together; do not try to look around by moving your eye. It is best to scan slowly, since the telescope will make objects appear to pass by very quickly.
- To view a moving object, it is better to keep your telescope in a fixed position and let the object move to you. To see a bus number, for example, first focus on an object that the bus will pass e.g. a shop sign or street name. When the bus approaches, the number can be read as the bus passes that point.
- When standing, it is helpful to rest your arm against your body in order to keep the telescope steady. Do not try to walk around while using the telescope.

For further advice you can:

Telephone: (0161) 276 5535

Please leave a message and a member of staff will get back to you.

Email: low.vision@mft.nhs.uk

Fixed focus telescope



Manual focus telescope

