

MAB Community Services Vision Rehabilitation Program  
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## **WHAT TO EXPECT AT A LOW VISION CLINIC**

Low vision examinations are somewhat different from regular eye exams. Some of the tests will be familiar, others tests are specific to low vision testing. The primary goal of a low vision exam is not to diagnose eye disease, but rather, to maximize your functional vision. These exams are very goal oriented; it is important that you come to the exam with specific goals/tasks in mind. This means that you take an active role in directing your care.

Everyone has different needs and so every low vision exam is different. Some people want to be able to read newspapers again; others want help to see the TV better, while others want to see playing cards. During a low vision exam, the doctor will discuss your goals and will recommend devices that will assist with those goals.

## **WHAT TO BRING TO A LOW VISION EXAM**

Since a low vision examination is goal orientated, it is a good idea to bring any reading materials that interest you to the exam. Bring your Bible, a favorite magazine, or work papers to your low vision appointment. If you like sewing or crafts, bring them along as well.

There will almost always be a lot of new information discussed during a low vision appointment. It is advisable to have an interested family member or friend accompany you

so that you can later discuss the points brought up during your appointment.

## **WHAT TO EXPECT AFTER A LOW VISION EXAM**

Low vision specialists work closely with occupational therapists (OT) who specialize in vision rehabilitation. After your low vision examination, an OT may be assigned to you to offer training and strategies that will maximize your success with the recommended low vision aids. The OT will make sure that lighting is appropriate for the task, and that reading materials are held at the appropriate distance. Duplicating what is successful in the exam room is essential; an OT will help you to achieve that success.

A follow up visit may be recommended by your low vision specialist in order to monitor your progress or to address other goals. If you experience a change in vision, it is important to inform your primary eye care specialist. A low vision examination is never a substitute for your medical eye care.