

Low Vision Clinic

Broken or lost equipment

For broken or lost equipment to be replaced, a clinic appointment is not always necessary.

Please telephone **01438 288273**, then **press 4 for the secretaries** and ask for a member of the Low Vision Team to call you back.

Making the most of your vision

Good light - You may need more light than before to read. Move to a window or consider a daylight lamp which can be angled to avoid glare.

Magnification - Use your spectacles with the magnifier.

Hand magnifier - Hold the magnifier close to the page, lift it up towards you until it blurs. Then move the magnifier towards the page again, this gives you the maximum magnification.

Stand magnifier - Place the magnifier onto the page on a flat surface like a table or clipboard. Bring your eye up to the magnifier until it is in focus. You may have to get quite close to it.

With all magnifiers, the stronger the magnification, the smaller the field of view. This means you will see fewer letters of a word at a time. You may need different magnifiers for different tasks. It takes some practice and perseverance using magnifiers, and you should take regular breaks!

Useful resources

RNIB - Royal National Institute of Blind People

Technology for Life

Support to help you make the most of technology - over the phone, over email or with a volunteer.

Living Well with Sight Loss Courses

Information and advice including **Daily living skills**, and **Wellbeing and emotional support**. Courses can take place over the phone, via video call or in person.

Everyday living catalogue – online shop

Items include talking clocks, daylight lamps, cooking gadgets, video magnifiers, enlarged playing cards, large phones, and more.

- Website www.rnib.org.uk
- Telephone: 0303 123 9999

Herts Vision Loss

A local voluntary organisation which offers practical and emotional advice and support.

- Website <https://hertsvisionloss.org.uk/>
- Telephone: 01707 324680

Hertfordshire Sensory Services

Advice and support might include **vision rehabilitation specialists** who'll support you with living independently; **special equipment; training and tips** to make life easier, checking the **lighting** and layout in your home is right for you, information on services like **meals on wheels** or the **blue badge** parking scheme.

- Website <https://www.hertfordshire.gov.uk/services/adult-social-services/disability/sensory-services/sensory-services.aspx>
- Telephone 0300 123 4042

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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