**Vision Vocabulary**

**Low Vision**

Means that I have some useable vision, but I cannot see as well as most other people, even when or if I wear glasses.

**Acuity**

Acuity is how clearly a person sees when looking at eye charts. Acuity is usually expressed in numbers (example 20/20 or 20/100). The bottom number refers to how well a person can see the charts compared to a person with normal (20/20) vision. If you have 20/80 vision you need to stand 20 feet from something to see what a person with normal vision is able to see form a distance of 80 feet. Eye charts measure visual acuity.

**Peripheral Vision**

What you see at the outside edges (periphery) of your visual field. We don’t use this part of our visual field to see fine details. We use is to detect movement and objects.

**Night Vision**

How well a person is able to see in the dark.

**Glare**

A shine or reflection hat makes it harder to see.

**Visual Fields**

The total area you see when looking at an object straight ahead. Visual fields are measured in degrees like a circle. The visual field toward your nose is called the nasal area and the visual field toward your ear is called the temporal area of your visual field. People can have field losses anywhere in their visual field (upper, lower, nasal, temporal).

**Contrast**

How well colors stand out against each other. Contrast makes everything easier to see. For example, black against white or navy against yellow is good or high contrast. Brown against navy blue would be an example of poor contrast. Print is of poor contrast when it is light or fuzzy.

**Visual Clutter**

Clutter makes everything harder to see. For example, when your room or your desk is cluttered, it is harder to find what you need. A handout or picture can be visually cluttered.

**Viewing Distance**

How far you are from what you are looking at. The farther away you are from something, the smaller it will appear, but the more of it you will be able to see.

**Photophobia**

A person has photophobia if bright light hurts their eyes and makes it harder fro them to see. There are different degrees of photophobia. Baseball caps and sunglasses can help people who are photophobic and can make a huge difference in how well they see.

**Accommodation to Light Changes**

How well you can see when you go from a brightly lit area to a darker area and vice versa. Your eyes may adjust quickly or very slowly to changes in lighting.

**Visual Fatigue**

When your eyes feel tired or strained. What makes your eyes tired? What helps?

**Point**

Means the size of print that is used. The print in this handout is 20 point. 24 point. 36 point.

**Font**

The font style in this handout is Tahoma.

Some font styles are harder to read than others.

Courier is a font that is easier to see.

Many books use Times New Roman font.

**Everyone likes different style fonts.**

This is Impact Bold. This is Sanskrit Text. This is Verdana. This is Trebuchet. This is Bookman.

All of these font styles are 18 point.

**Can you see why font styles make a huge difference?**

**Handwriting**

Many people who have low vision think that printing is easier to see than cursive. Some people with low vision have a hard time reading their own handwriting. Some of the tools that help are:

* Bold pens or pencils
* Print or using a computer
* Using lots of space. Space is just as important as what you write.
* Use dry erase boards.

**Paper**

For writing, some people with low vision like plain paper and some like paper with wide bold lines. Some like notebook paper.

**Clipboards**

Clipboards are excellent low vision tools. Using a clipboard allows you to hold your papers close to your eyes (if that helps you) and write without having to hurt your neck by bending over your desk. Clipboards can also help you keep your papers organized.

**Low Vision Devices**

Tools you use to make it easier for you to see. A magnifier is a low vision device, so is a visor, and a black marker.

**Magnifiers**

A device you look through that makes things bigger. Magnifiers are used for viewing things up close. The stronger the magnification, the bigger things will look. The style of magnification makes a huge difference in how easy it is to use. Some different styles of magnifiers are: hand-held, dome, pocket, and stand.

**Power**

Power means the strength of a magnifier or telescope. The bigger the number the stronger the magnification. Usually power is expressed using a number with an X after it. For example, 2x or 8x. Sometimes, power is expressed in diopters. 4 diopters = 1 power.

**Telescope**

A device you look through to make things look bigger. Telescopes are used for viewing objects that are farther away. The stronger your telescope, the smaller your visual field will be.

**CCTVs**

Closed circuit TVs are cameras that project a magnified image of what you want to see onto a TV screen or monitor. There are many different kinds of CCTVs. Some are very small and portable and some are quite big. Some people like to use CCTVs and some do not.

**Organization**

Being organized is a good idea for everyone. When you have low vision, being organized is an especially good idea. Can you think of reasons why?

**Adaptations and Modifications**

Things you **Do** or **Change** to make it easier for you to do what you want to do. Most of these things are quite simple but can make a very big difference. Examples:

* Find a keyhole by touch instead of looking.
* Put your things in the same place so you can find them.
* Use different colored folders to organize your schoolwork.
* Identify people by their voices instead of facial features.
* Ask your family to not leave things on the floor so you won’t trip.
* Put a night light in your room.
* Use a flashlight.
* Paint the inside of your closet white.
* Change the colors or size on your computer screen.
* Put a lock on your locker that has push buttons instead of a dial.
* Change your seat in the classroom.
* Ask your teacher to stand in front of a background that helps you see him better.
* Wear a cap or visor to reduce glare.
* Use a telescope to see the score when you go bowling.
* Use contrast to find things on your dresser or bathroom counter.
* Buy shampoo and conditioner in different shaped bottles so you can tell which is which.
* Carry a pocket magnifier when you go shopping so you can read price tags.

What adaptations and modifications help you?

The assortment of low vision tools and tricks you use will change:

* over time
* where you are
* what you need and want to do

Everyone’s vision is different.

You are the only one who really knows what you can see and what you cannot see.

Low vision is complication.

Most people you meet will not understand what having low vision means.

It is important to be able to ask for what you need.

It is great if you can make your own accommodations.

All of your life, you will need to take responsibility for learning about your vision and what you can to help yourself function better.

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