

Useful Contacts:

RNIB Helpline - 0345 66 99 99
www.rnib.org.uk

International Glaucoma Association
0207 737 3265

Partially Sighted Society
01302 323132

Talking Newspaper Association of UK
01435 866102

Southend Hospital Eye Department
01702 435555 Ext 2460

Practice Stamp:

BODY'S OPTICIANS
3 QUEENS ROAD
SOUTHEND-ON-SEA
ESSEX SS1 1LT
TEL: 01702 346201



The following Low Vision Aids (LVAs) have been loaned to you at your recent low vision assessment:

This should help you to:

Details of batteries / bulbs etc if applicable

Southend Hospital loan out the LVA(s) but it is yours to use for as long as it is of help. If you no longer find it helpful then please return it to your low vision practitioner. You will have received guidance on the use of your LVA(s) during your assessment.

It is essential to persevere with the LVA that has been loaned to you. As with any new skill it takes practice before you get the best results. However, if you find it of limited / no help initially or any time in the future, please contact your practitioner who may have a more suitable aid.

Breakage - if at any time the LVA becomes damaged please contact your practitioner so they can supply a replacement.

Helpful Hints:

Living with low vision can be made easier and safer by making minor changes to your home. It could be as simple as using brighter bulbs, or putting yellow tape around the cooker controls.

It is also often helpful to inform the utilities and banks etc of your eyesight difficulties because they can provide big print bills etc which make life a little easier.

More ideas such as these can be obtained by contacting the Royal National Institute for the Blind (RNIB).

Your next appointment:

It is important to have regular low vision assessments. Your practitioner will contact you when you are due to be seen, usually annually.

Your practitioner will contact you a short period after your consultation to check how suitable you are finding the LVA. This will be by phone or by letter.

If you have any problems or concerns about your eyesight or the LVA(s) at any time please feel free to contact your low vision practitioner.

Information:

The Royal National Institute for the Blind (RNIB) publish numerous useful leaflets and information tapes. We strongly recommend that you make full use of the support that they can offer. You do not have to be registered blind to make use of this service - in fact they are aimed at helping you make the most of your residual vision.