

## Avoiding Falls: Tips for Patients with Low Vision

**What Is Low Vision?** Mild low vision is a visual acuity of 20/40 or worse with the use of glasses or contact lenses. Severe low vision is a visual acuity worse than 20/200 with glasses.

**What Is Low Vision Rehabilitation?** Low vision rehabilitation uses technology to improve vision or substitute other senses for vision. This is done through increased contrast, magnification, increased illumination, and use of audiotapes and computer programs.

New technology for low vision includes Low Vision CCTV, which is a computer-based product that allows superior magnification. It is also available as a talking program.

There are also numerous tools such as contrast enhanced watches, talking watches, talking calculators and alarms, computer screen magnifiers, special keyboards, magnifying glasses and binocular and monocular magnifiers, illuminated magnifying mirrors and lamps, special mobility canes and accessories, safety devices, security tools, and a lot more.

*(Adapted with permission from the Practicing Physician Education Project 2006)*

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**Where Can I Get Help?** Check with your health care provider before pursuing any treatments or rehabilitation programs.

Your health care provider may make a referral to an optometrist, the local Community Care Access Centre and/or other diagnostic or treatment services within your community.

The **Canadian National Institute for the Blind (CNIB)** offers rehabilitation services, consumer products, library services and volunteer services. They can be contacted at different points across Eastern Ontario (serving the areas surrounding Ottawa, Cornwall, Pembroke, Kingston and Belleville):

### **OTTAWA**

1101 Prince of Wales Dr.  
Suite 135  
Ottawa, ON K2C 3W7  
Tel: (613) 563-4021  
Toll-free Tel: 1-866-842-9071  
Fax: (613) 563-1898  
TTY: (613) 567-2937

### **KINGSTON**

826 Princess St.  
Kingston, ON K7L 1G3  
613-542-4975

### **CORNWALL**

103-4 Montreal Rd.  
Cornwall, ON K6H 1B1

### **PEMBROKE**

425 Cecilia St., Suite G234  
Pembroke, ON K8A 1S7  
Phone: 613-735-1921  
ext. 5079  
Fax: 613-735-7010

### **BELLEVILLE**

Sears Unity Place  
249 William St.  
Belleville, ON K8N 3K4

**[www.cnib.ca](http://www.cnib.ca)**

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