



insurance plan. If you have questions about whether the exam will be covered, ask the low vision clinic prior to your appointment.

Write a list of areas that you currently have trouble with in relation to your vision. What are your goals and expectations in these areas?

Does sunlight bother you? Can you read standard print? Can you travel independently?

Remember, the more information you can provide, the better the staff will be able to assist you.

## Components of the Low Vision Examination

A comprehensive low vision examination always includes the following components:

### A Health and Medication History

Your overall health and that of your immediate family

The medications you are taking (prescription and over-the-counter)

Questions about high blood pressure (hypertension), diabetes, smoking, and sun exposure.

### A Vision History

How well you can see at present, including any recent changes in your vision

Eye diseases that you or your family members have had

Previous eye treatments, surgeries, or injuries

The date of your last eye examination.

### A Low Vision History

When your vision problems began

Any prior vision rehabilitation services you've had

An important part of the examination is for you, your doctor, and his or her social worker to discuss how you are adapting emotionally to your vision loss, whether you are motivated to learn a different way of doing things, and if you have family and friends to support you.

A comprehensive low vision examination is not rushed and is very thorough, taking 2-3 times longer than a regular eye examination.

## A Functional Eye Exam

The low vision eye care specialist is trained to conduct a **functional eye examination** that focuses directly on how a person's particular vision impairment affects his or her day-to-day living.

Some examples of functional vision problems can include:

Difficulty seeing the height of the gas flame when cooking

Problems crossing streets or seeing traffic

Difficulty seeing information on a computer screen

Problems threading a needle or making clothing repairs

Difficulty reading, such as using the telephone book or looking through magazines, even with regular eyeglasses.

## Preparing for the Low Vision Examination

Before arriving for the low vision examination, it's helpful to make a list of questions for your doctor. Here are some suggestions:

What is the name of my eye disease or disorder?

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