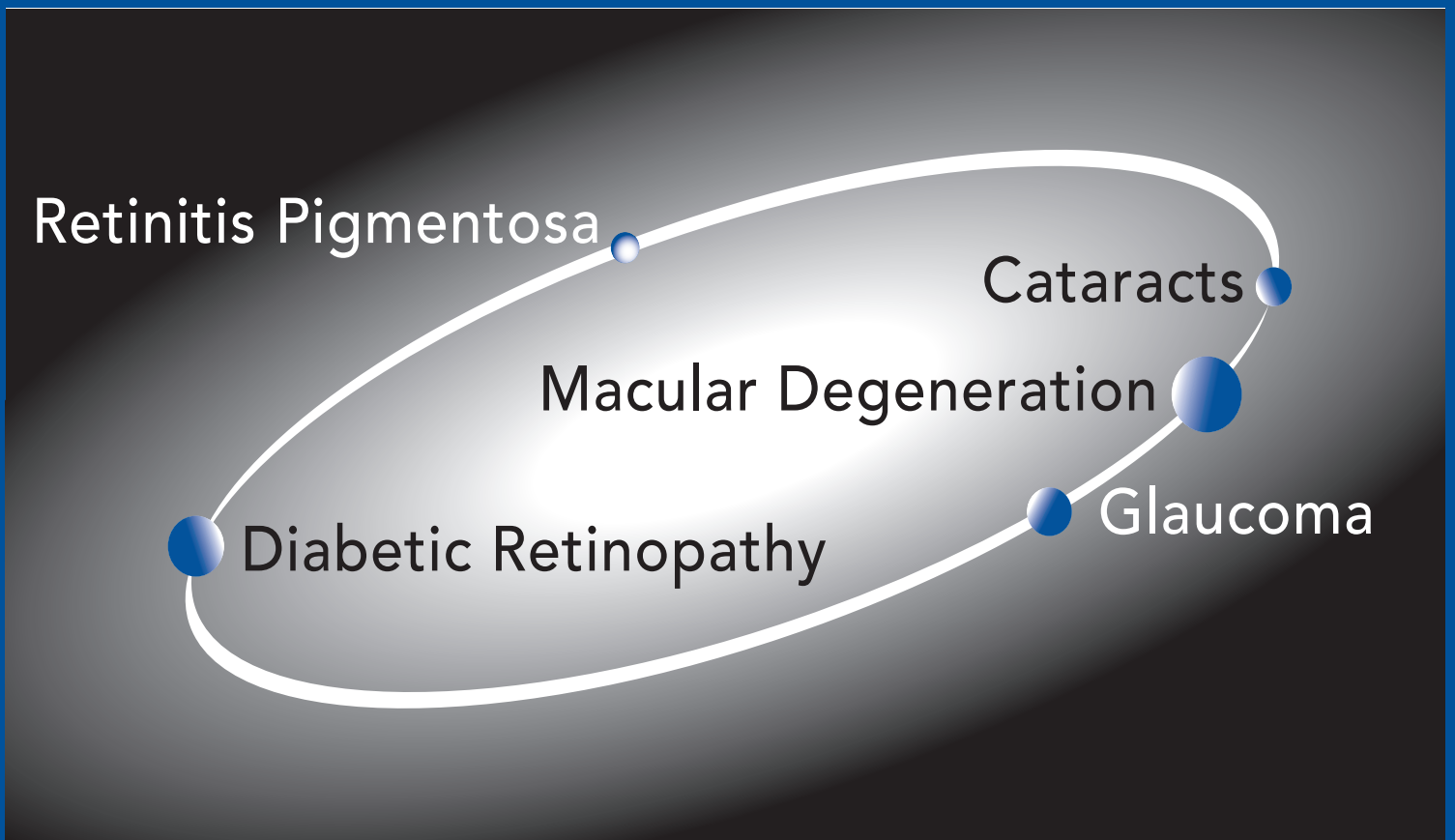


LOW VISION



RESOURCE GUIDE



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Introduction

In the fall of 1999, the National Eye Institute, a division of the National Institutes of Health in the U.S. Department of Health and Human Services, embarked on a full scale campaign to educate Americans about low vision. Through its research, the Institute had discovered that, although many government and voluntary agencies offered resources for people with visual impairment, most of the general public was unaware of these services, and in many cases information about them was difficult to obtain.

The NEI also found that people with low vision who weren't aware of available assistance were much more likely to suffer profound lifestyle, physical, economic, social and psychological consequences. Part of the reason for this was that after learning that their eye conditions were untreatable, low vision patients did not receive information about where to go for help.

Meanwhile, a company called Telesensory conducting its own market research, came to virtually the same conclusion as the NEI and decided to do something about it. Working with professionals in the eyecare and low vision fields, Telesensory developed this guide to deliver crucial information about available resources at the time it is needed most — right after a person is diagnosed with low vision.

In this booklet we discuss the major causes of eye disease, strategies for living with low vision, and products that can help you remain productive and independent despite vision loss. We have also included a list of organizations and resources that provide additional information and assistance. We strongly recommend you seek a comprehensive low vision evaluation with an eye doctor who specializes in low vision care and rehabilitation. This assistance can make a tremendous difference in your life.

Frequently Asked Questions

How do I know if I have low vision?

See the following “Eye Condition Information” section for information about the early warning signs of various low vision conditions.

Are there products that can help?

Because the solution to your needs is individual to you, contact a low vision specialist or a doctor who specializes in the rehabilitation of those with impaired vision. See the “Support Organizations and Resources” section of this booklet for help with locating specialists who can assist you in determining the best strategies for your particular situation. General product categories are also discussed in the “Products to Assist with Low Vision” section of this booklet.

Will I be dependent on others from now on?

Your quality of life doesn't have to suffer because of your vision loss. Many organizations provide support and education to help you maintain your lifestyle and remain as independent as you've always been. See the “Living with Low Vision” section of this booklet for more information.

What are the latest breakthroughs?

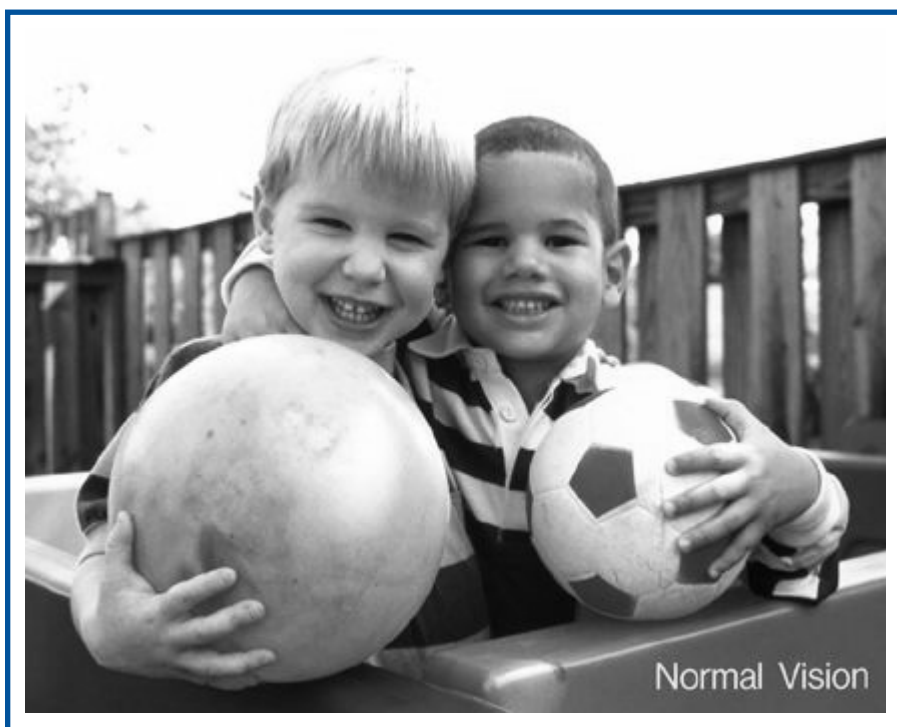
Contact your eye doctor to learn about the latest research and treatments. In addition, check the “Support Organizations and Resources” section of this booklet to find groups that provide information about the latest breakthroughs in low vision.

Are there any alternative medications or treatments?

The “Support Organizations and Resources” section of this booklet lists groups that provide information about treatment alternatives.

Eye Condition Information

Low vision is impaired vision that cannot be adequately corrected by conventional eyeglasses, contact lenses, medicine or surgery. The term “low vision” is used to describe the effects of a wide range of eye diseases. People with low vision can experience a loss of central vision, impaired peripheral vision, overall blur, or some combination of these effects. Low vision does not mean total blindness. People with low vision often have a great deal of usable vision, and with the proper optical devices, can maximize their remaining vision. In this section, the leading causes of low vision are identified and explained. If you would like information about other eye diseases or where to find more resources, please refer to the “Support Organizations and Resources” section of this booklet.



This photograph represents the way a person with normal vision would view this scene. The photographs that accompany the following descriptions depict how a person with each eye condition might see the same subject.

Eye Condition Information

Cataracts

A cataract is a clouding of the normally clear lens of the eye. It may vary in its severity from a small amount of clouding to dense areas of haziness. A cataract is usually an age-related condition, which disturbs the passage of focused light on the eye. The lens is situated behind the iris (the colored part of the eye). Its purpose is to bend light rays so that they provide a clear image to the retina at the back of the eye. A cataract may be caused by a disturbance of metabolism in the lens, the normal aging process, the effects of ultraviolet light or cigarette smoking.



How do cataracts affect sight?

The person with a cataract may have blurred vision, be sensitive to glare and find bright lights uncomfortable. Colors appear less bright and objects look dull because the ability to see contrast is reduced. The progression of cataracts varies with each individual and often with each eye in the same person. In some cases, the person affected can see well in the house but finds vision is reduced by glare or at night. Cataracts can cause a significant loss of vision, but this can often be prevented by early diagnosis and treatment.

Treatment

In some cases a change of glasses may be of benefit. In others, cataract surgery may be the best form of treatment. This procedure is usually performed under local anesthetic on a day-surgery or inpatient basis. Special lighting, absorptive lenses and magnifiers can also be useful.

Eye Condition Information

Glaucoma

Glaucoma is a leading cause of blindness. If it is diagnosed early, blindness is nearly always preventable. Glaucoma is usually caused by a build-up of pressure in the eye, which damages the optic nerve. The optic nerve transmits impulses to the part of the brain which is responsible for sight. The eye is filled with 'intra ocular' fluid which is made and drained away in a constant cycle. In the case of glaucoma, intra ocular fluid is not drained away properly, or it may be produced in excessive amounts. This causes increased pressure in the eye, which leads to optic nerve damage and blind areas in the field of vision. Glaucoma tends to happen slowly, often with no noticeable changes until after the damage is done.



How does Glaucoma affect sight?

Side vision is most often affected. The edge of the field of vision starts to fade, causing panoramic vision to narrow. Glaucoma can also cause blank areas closer to the center of vision. Some warning signs include blurred vision, seeing colored rings around lights, loss of side vision, pain and redness of the eye.

Diagnosis and treatment

The good news is that most glaucoma cases can be treated. Although damage cannot be reversed, swift treatment can prevent the condition from progressing. To reduce the pressure glaucoma creates in the eye, treatment is focused on reducing the amount of

Eye Condition Information

fluid made and/or increasing the amount of fluid leaving the eye. Eye drops are most often used to treat glaucoma, although sometimes laser treatments or surgery are necessary. Glaucoma is a lifelong condition which requires continual management to prevent vision loss.

Who is susceptible?

Most cases of glaucoma occur in the older age group. If there is a family history of glaucoma, there is a higher risk of developing the condition. People over the age of 40 and those with a family history should have a regular glaucoma test. A higher incidence of glaucoma occurs in the African American population, especially among those aged 60 and over.

Diabetic Retinopathy

Patients with Diabetes can develop a problem on the retina referred to as Diabetic Retinopathy. Having diabetes does not necessarily lead to sight loss. The retina is at the back of the eye and is made up of cells which are sensitive



to light. A network of blood vessels feeds the retina. Diabetes can cause blood vessels to break and this can interfere with vision. Blood clots and scars may form on the retina, blocking the light rays from nerve cells and interfering with their nutrition. Complete loss of vision can occur when scar tissue develops at the back of the eye. This scar tissue sometimes shrinks and detaches the retina.

Prevention and treatment

Preventing diabetic retinopathy or its advancement is helped by correct management of diabetes and regular eye checkups with an eye doctor. Laser light beams directed to the affected part of the retina may be used by a retinal specialist (ophthalmologist) to seal leaking blood vessels.

Who is susceptible?

Diabetics with high blood pressure, pregnancy, nephritis or prolonged poor diabetic management are considered to have a higher risk of developing this condition. It is extremely important that all diabetics have their eyes examined at regular intervals as determined by their eye doctors.

Eye Condition Information

Macular Degeneration

Macular Degeneration (MD) is damage or breakdown of the macula, a part of the retina which captures and directs light, allowing us to see detail and appreciate color. The macular area is an approximately 3mm spot near the middle of the retina responsible for the central part of what we see.



How does Macular Degeneration affect sight?

In the early stages of MD, detail vision is reduced and a person may have trouble seeing up close or at a distance. Side vision may still be good, but blank spots or distortions appear in the center. It may be difficult to sew, discern faces or see some colors. The ability to judge height, distance and depth is affected. Sometimes only one eye loses vision, while the other eye sees well for years.

Diagnosis and treatment

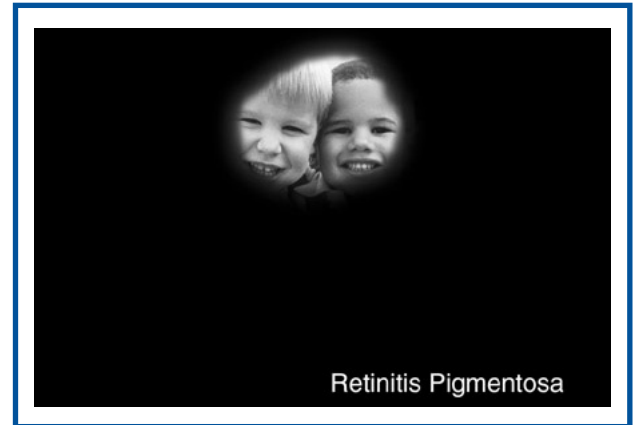
Your eye doctor can detect MD in its early stages. Special devices, large print books and proper lighting can all help the person with MD be independent and lead a productive life. Certain types of MD may be treated with a laser if detected early. A low vision evaluation and rehabilitation plan can help people learn to cope well with most daily tasks.

Who is susceptible?

The condition occurs most commonly in older people, although it can occur occasionally in younger people, a condition referred to as Stargardt's. Age-related Macular Degeneration (AMD) is the leading cause of "legal blindness" in individuals over 60, and commonly occurs in Caucasians of European descent.

Retinitis Pigmentosa

Retinitis Pigmentosa (RP) is a degenerative, inherited eye condition which affects the retina, resulting in progressive vision loss. Several layers of cells form the retina, including the rod and cone cells. Their function is to receive and turn light into electrical impulses which pass along the optic nerve to the brain, enabling sight.



How does Retinitis Pigmentosa affect sight?

Initially, RP causes difficulty with night vision and problems with glare. This is because the rod cells at the outer edge of the retina no longer function. As the disease progresses, many people experience tunnel vision.

Who is susceptible?

Those with RP are born with a genetic condition which results in sight loss later in life. Although hereditary, there are types which will skip several generations, so it may be difficult to trace in the family. Recessive RP may appear “out of the blue” with no family history.

After diagnosis of RP

The rate of rod and cone failure varies significantly among those with RP. Special electro-diagnostic testing helps doctors pinpoint a diagnosis to better determine a visual prognosis. For some people the loss takes place slowly over many years; for others it is quick, following years of no apparent deterioration. It is possible to cope with the limitations and frustrations caused by RP. Worldwide research toward finding a cure is making great strides.

Living with Low Vision

Your quality of life doesn't have to suffer just because your vision isn't as good as it used to be. Professional assistance, environmental adjustments and specialized devices can help you continue your regular activities and realize your full potential.

According to the National Eye Institute, one in every 20 Americans has low vision, yet few people are aware of the many resources available to assist them. This lack of information can have devastating emotional, psychological, social and financial consequences; therefore, early detection and education are essential to minimize any negative impact on your life. If you have difficulty:

- Recognizing faces of friends and relatives;
- Performing tasks that require you to see well up close, like reading, cooking, sewing, or fixing things around the house;
- Picking out and matching the color of your clothes;
- Doing things at work or home because lights seem dimmer than they used to;
- Reading street and bus signs or the names of stores;

you could be experiencing early warning signs of eye disease. If there is a problem with your eyes, the earlier the problem is diagnosed, the better your chances are for successful treatment and retaining your remaining vision. If you have suffered vision loss due to eye disease, ask your eye doctor to refer you to a low vision specialist who can evaluate your condition and provide you with valuable information about how to overcome the challenges that lie ahead.

Living with Low Vision

Several organizations exist for the sole purpose of helping people develop successful strategies for living with low vision. They provide:

- Comprehensive low vision evaluation;
- Training in adaptive devices, including assistive technology;
- Information about and assistance with environmental adaptations and modifications, transportation and mobility issues;
- Individual counseling;
- Support groups;
- Specialized employment services.

For example, simple adjustments such as increased lighting, contrasting colors and reduced glare can help people with low vision negotiate their surroundings more easily. Other modifications include making the environment safer by eliminating tripping hazards and organizing furniture so that it is out of high traffic areas. Adaptive devices that enlarge print or read information out loud can be used at home or work to increase independence and productivity. The wide range of available devices is discussed in the following "Products to Assist with Low Vision" section of this booklet.

The most important things to remember are that you are not alone and not to lose hope. There are many people who understand what you're going through and are ready to help, so be persistent. If you don't get the information you need right away, keep asking until you do. Refer to the "Support Organizations and Resources" section of this booklet for information on how to contact agencies that specialize in low vision services.

Living with Low Vision

Tips for Living with Low Vision

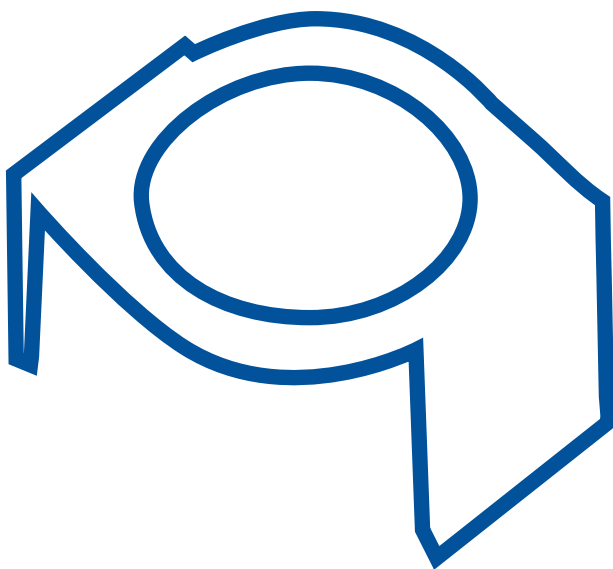
1. Each state has at least one library that offers Talking Books programs and large print publications. Ask if there is an Outreach Librarian in your area to serve patrons with special needs.
2. Many banks offer large print checks.
3. There are many state and local services for the blind and visually impaired. Some provide payment for low vision devices. Ask about rehabilitation teachers, occupational therapists or counselors, and orientation and mobility instructors. Ask if there are doctors in your area who provide low vision services.
4. There may be low vision support groups in your area.
5. Your local utility company may be able to provide discounted directory assistance and large type billing.
6. The Department of Motor vehicles can give you information about restricted licenses and handicapped parking permits.
7. Many public transit systems offer discounts or free service for the visually impaired.
8. Meals on Wheels offers home-delivered meals.
9. The U.S. Post Office offers free postage under special conditions with a certificate of blindness.
10. The Internal Revenue Service provides some tax exemptions for the legally blind.
11. Your local media may offer large print newspapers, reading services, or cable TV descriptive video services.

Products to Assist with Low Vision

There are many products available to help people with low vision make the best use of their remaining sight. The major categories of these products are described below. See an eye doctor specializing in low vision to determine which products will work best for you.

Hand-Held Magnifiers

Often known as “magnifying glasses”, hand-held magnifiers come in many shapes and sizes, and provide magnification between 1.5 and 20 times. Some styles can be folded up for easy transport in a pocket or handbag, and some are equipped with battery operated lights. Hand-held magnifiers may be difficult to use if your hands tire easily or tend to shake.



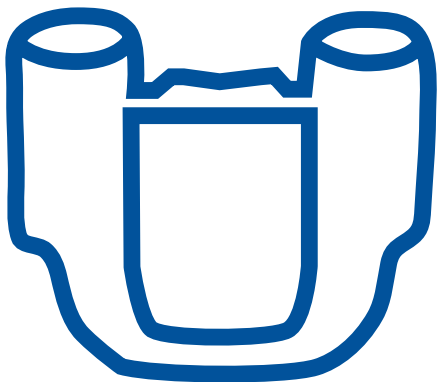
Stand Magnifiers

Stand magnifiers can be helpful for weak or shaky hands. They are mounted on stands and must sit flat above the page being viewed. These devices can magnify between 2 and 20 times, and can be moved across the page to see each line. Illuminated stand or hand-held magnifiers can be plugged into an electrical outlet or fitted with batteries.

Products to Assist with Low Vision

Monoculars/Telescopes

Monoculars are mini telescopes used for seeing things at a distance. Magnification ranges from 2.5-10 times, depending on the telescope's size.

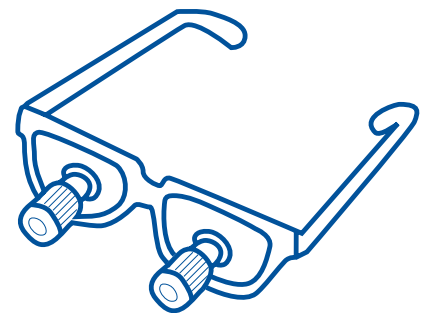


Binoculars

Binoculars are similar to monoculars, but allow you to use both eyes to view things at a distance. Many sizes and strengths are available.

Spectacle-Mounted “Magnifiers”

Spectacle-mounted telescopes for distance, or spectacle-mounted microscopes for close up, can significantly improve visual abilities. These devices protrude from the spectacle frame, and can be used with one or both eyes. When using spectacle-mounted microscopes, objects must be held much closer to your eyes than normal. These types of spectacles are somewhat like bifocals in that they allow a person to switch to the telescopic lens for improved distance vision, and back to the spectacle lens for general orientation. These devices must be prescribed by an eye doctor.



Products to Assist with Low Vision

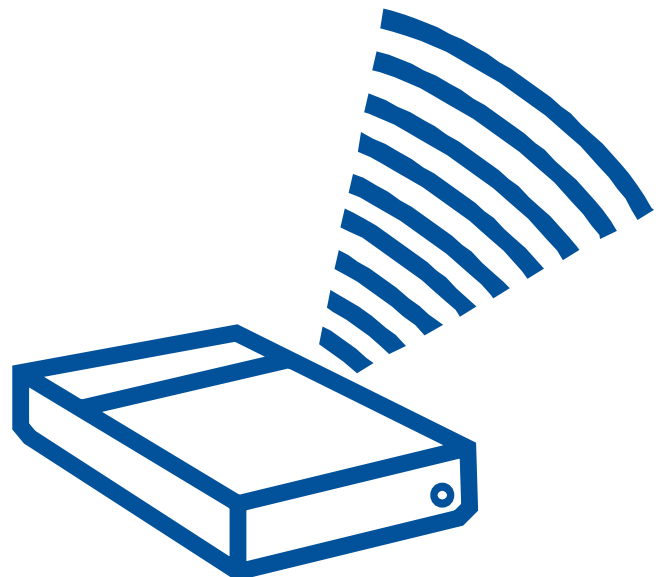
Video Magnifiers (CCTVs)



A video magnifier (CCTV) uses a stand-mounted video camera to project magnified objects onto a video screen. These devices are very useful for reading, writing, looking at photographs and catalogs, or doing crafts. Magnification varies with the model and manufacturer. CCTVs are available in black-and-white as well as color models, and come in various sizes. Some include special features such as underlining and shadow masking for easier reading. Others can be used in conjunction with a personal computer.

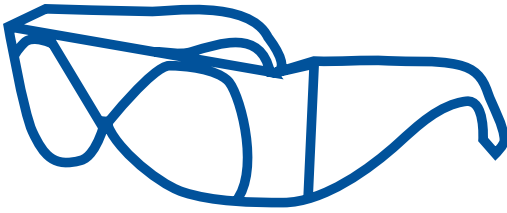
Reading Machines with Voice Output

Reading machines (scanners with voice output) can be used to transform printed material into spoken words. Type-written text placed on the device's scanning surface is read aloud. Some devices can be hooked to a personal computer. Optical Character Recognition (OCR) software can be used to turn a personal computer into a "reading machine".



Products to Assist with Low Vision

Absorptive Lenses



Absorptive lenses regulate the amount of light transmitted through to the eye, and can often be worn over prescription glasses. By eliminating harmful sunrays, reducing glare, increasing contrast, and helping with the transition between light and dark surroundings, these lenses can increase both comfort and safety.

Other Adaptive Devices

There is an impressive range of adaptive devices available. Devices with large print, high-contrast colors or "talking" features that say information out loud are designed to make life easier for people with impaired vision. Other items include talking watches, large print phones, writing guides and magnified makeup mirrors.



Support Organizations and Resources

According to a national survey commissioned by The Lighthouse International, one in six adults aged 45 and over report either moderate or severe vision loss. More than one-third of respondents were not aware of public or private agencies in their communities that serve people with impaired vision. The following list of resources has been compiled as a reference for people who are seeking these services. While this list may not be complete, we have tried to represent the best examples of organizations and services assisting the low vision population. These agencies will help you with locating eye doctors specializing in low vision, eye condition and product information, as well as national, local, and outreach programs.

National Organizations For The Visually Impaired

American Academy of Ophthalmology

P.O. Box 7424
San Francisco, CA 94120-7424
(415) 561-8500
www.eyenet.org

*Eye disease, health and safety information from physicians.

American Council of the Blind

1155 15th Street, NW, Suite 1004
Washington, DC 20005
(800) 424-8666 or (202) 467-5081
www.acb.org

*Eye disease, legislative and advocacy. **FREE** magazine.

American Diabetes Association

1701 N. Beauregard
Alexandria, VA 22311
(800) 232-3472
www.diabetes.org

*Diabetes research. Health care, testing, local services.

American Foundation for the Blind

11 Penn Plaza, Suite 300
New York, New York 10001
(800) 232-5463 or (212) 502-7661
www.afb.org

*Information and resource links.

Support Organizations and Resources

American Optometric Association

243 Lindbergh Boulevard
St. Louis, MO 63141
(314) 991-4100

Low Vision: (800) 365-2219 x225
www.aoanet.org

*Low vision specialists. Health tips. Education and resources.

American Printing House for the Blind

P.O. Box 6085
Louisville, KY 40206
(800) 223-1839 or (502) 895-2405
www.aph.org

*Educational and daily living products for visually impaired.

Associated Services for the Blind

919 Walnut Street
Philadelphia, PA 19107
(215) 627-0600

www.eticomm.net/~asb/

*Counseling, life skills education. Recorded periodicals, Braille and large print products. Local outreach programs.

Association for Education & Rehabilitation of the Blind and Visually Impaired

4600 Duke Street, Suite 430
Alexandria, VA 22304
(703) 823-9690

www.aer@aerbvi.org

*Programs, services, products.

Association for Macular Diseases, Inc.

210 East 64th Street
New York, NY 10021
(212) 605-3719

www.macula.org

*Macular/retinal disease info. Newsletter and seminars.

Blinded Veterans Association

477 H Street, N.W.
Washington, D.C. 20001
(800) 669-7079 or (202) 371-8880
www.bva.org

*Promotes welfare of blinded veterans and offers support and encouragement. Membership not required.

Support Organizations and Resources

The Foundation Fighting Blindness

Executive Plaza One
Suite 800, 11350 McCormick Rd.
Huntvalley, MD 21031
(888) 394-3937
www.blindness.org

*Eye disease information, new breakthroughs and research.

Foundation for Glaucoma Research

200 Pine Street, Suite 200
San Francisco, CA 94104
(800) 826-6693 or (415) 986-3162
www.glaucoma.org

*Glaucoma news and links.

The Lighthouse International

111 E. 59th Street
New York, NY 10022
(800) 334-5497
www.lighthouse.org

*Products, publications, research, education and rehabilitation.

Macular Degeneration Foundation

P.O. Box 9752
San Jose, CA 95157
(888) 633-3937 or (408) 260-1335
www.eyesight.org

*MD resources, **FREE** email newsletter with breaking news.

The Macular Degeneration Partnership

8733 Beverly Blvd., #201
Los Angeles, CA 90048
(310) 423-6455
www.macd.net

*Electronic newsletter, alternative medicines, treatment updates.

National Assoc. for Parents and Children with Visual Impairments

P.O. Box 317
Watertown, MA 02471
(800) 562-6265
www.spedex.com/napvi

*Workshops, conferences, support, publications, referrals.

Support Organizations and Resources

National Association for Visually Handicapped

22 West 21st Street, 6th floor
New York, NY 10010
(212) 889-3141

West Coast: 3201 Balboa Street
San Francisco, CA 94121

(415) 221-3201

www.navh.org

*Large print loan, education,
visual aid catalog, reference.

National Eye Institute

2020 Vision Place
Bethesda, MD 20892-3655
(301) 496-5248

www.nei.nih.gov

*Eye disease information and
latest research.

National Federation of the Blind

1800 Johnson Street
Baltimore, MD 21230
(410) 659-9314

www.nfb.org

*Resources, products and **FREE**
talking newspaper service.

National Organization for Albinism and Hypopigmentation

P.O. Box 959

E. Hampstead, NH 03826-0959

(215) 545-2322 or (800) 473-2310

www.albinism.org

*Resources, information and links.

Prevent Blindness America

500 East Remington Road
Schaumburg, IL 60173
(800) 221-3004

www.preventblindness.org

*Eye health education, research
and community programs.

VISIONS/Services for the Blind and Visually Impaired

500 Greenwich Street, 3rd Floor
New York, NY 10013-1354
(888) 245-9333 or (212) 625-1616

www.visionsvcb.org

*Rehabilitation and social services.

Support Organizations and Resources

Large Print Periodicals

The New York Times Large Type Weekly

Mail Subscriptions

P.O. Box 220

North Vale, NJ 07647-0220

(800) 631-2580

www.nytimes.com

*Weekly newspaper covering national events.

Reader's Digest Large-Type Publications

P.O. Box 262

Mount Morris, IL 61054

(800) 877-5293 or (815) 734-6963

www.shopping_readersdigest.com

*Condensed books and the monthly general interest magazine.

Other Resources

Audio Reader

P.O. Box 847

Lawrence, KS 66044

(913) 864-4600 or (800) 772-8898

www.ukans.edu/~arnet

*Access to the printed word via electronic media and other technologies.

Betty Crocker Food & Nutrition Center – General Mills

P.O. Box 1113

Minneapolis, MN 55440

(800) 328-6787

www.generalmills.com

www.bettycrocker.com

*Cookbooks & meal planners.

Support Organizations and Resources

Descriptive Video Service

WGBH (DVS)
125 Western Avenue
Boston, MA 02134
(617) 300-3490
www.wgbh.org/dvs

*Described television and movies on video.

National Library Service for the Blind and Physically Handicapped

The Library of Congress
1291 Taylor Street, NW
Washington, DC 20542
(202) 707-5100
www.loc.gov/nls

*Provides recorded books and magazines as well as playback equipment. **FREE.**

Recording for the Blind & Dyslexic

20 Roszel Road
Princeton, NJ 08540
(609) 452-0606 or (800) 221-4792
www.rfbid.org

***LOANS** audio books and sells books on computer disk.

Low Vision Products

Telesensory Corporation

520 Almanor Avenue
Sunnyvale, CA 94085
(800) 804-8004 or (408) 616-8700
fax (408) 616-8720
www.telesensory.com
email: info@telesensory.com

*Worldwide developer, maker and marketer of electronic and computer-based products for people with low vision.

Support Organizations and Resources

Commercial Producers of Books on Tape

Audio Editions

P.O. Box 6930
Auburn, CA 95604
www.audioeditions.com

*Books for adults and children.

Audio Renaissance

6 Commerce Way
Arden, NC 28704
(800) 452-5589
www.audiosource.com

*Popular fiction and nonfiction.

Blackstone Audio Books

P.O. Box 969
Ashland, OR 97520
(800) 729-2665
www.blackstoneaudio.com

*Unabridged recordings.

Books on Tape, Inc.

P.O. Box 7900
Newport Beach, CA 92658-7900
(800) 626-3333
www.booksontape.com

*Provides a rental program of full length books.

Chivers Audio Books

1 Lafayette Rd., Box 1450
Hampton, NH 03843-1450
(800) 621-0182

*Books for adults and children.
Large print for children only.

Dove Audio, Inc.

8955 Beverly Blvd.
Los Angeles, CA 90048
(800) 368-3007
www.audiouniverse.com

*Best sellers and classics.

Listening Library

One Park Avenue
Old Greenwich, CT 06870-1727
(800) 243-4504
www.listeninglib.com

*Books on tape.

Recorded Books, Inc.

20 Skip Jack Road
Prince Frederick, MD 20678
(800) 638-1304
www.recordedbooks.com

*Best sellers and classics.

Support Organizations and Resources

Large Print Publishers

Center Point Publishing

P.O. Box 1
Thorndike, ME 04986-0001
(800) 929-9108

*Discounted publisher overstocks of all genres. In-house fiction.

Doubleday Large Print Home Library

6550 East 30th Street
Indianapolis, IN 46219
(800) 688-4442 or (317) 541-8920
www.doubledaylargeprint.com

*Current best sellers: mysteries, biographies, etc.

McMillan Library/ Galegroup

Thorndike Press
P.O. Box 159
Thorndike, ME 04986
(800) 223-1244 or (800) 877-4243
www.galegroup.com

*Biographies, mysteries, romances, westerns.

Transaction Large Print

Rutgers – The State University
Of New Jersey
P.O. Box 10286
New Brunswick, NJ 08906-9978
(888) 999-6778
www.transactionpub.com

*Large print catalog that offers large print book selection.

Wheeler Publishing, Inc.

P.O. Box 531
Accord, MA 02018-0531
(800) 588-8881

*Popular fiction and nonfiction.

Ulverscroft Large Print, Inc.

1881 Ridge Road
West Seneca, NY 14224
(800) 955-9659
www.ulverscroft.com

*Mystery, romance, classic literature, nonfiction.

Support Organizations and Resources

Religious Resources

American Bible Society

1865 Broadway
New York, NY 10023
(212) 408-1200 or (800) 322-4253
www.americanbible.org

*Bible and selected portions of Scriptures.

Bible Alliance, Inc.

P.O. Box 621
Bradenton, FL 34206
(941) 748-3031 or (941) 748-2625
www.auroramministries.org

***FREE** bibles on cassette tape available in several languages.

Christian Record Services, Inc.

444 South 52nd St. Box 6097
Lincoln, NE 68506-0097
(402) 488-0981
www.christianrecord.org

*Books and magazines in Braille, large print and on cassette.

FREE lending library.

Jewish Braille Institute of America, Inc.

110 East 30th St.
New York, NY 10016
(212) 889-2525 or (800) 433-1531
www.jewishbraille.org

*The Torah and a number of books and periodicals in Braille, large print or on cassette. Several languages available.

The Jewish Guild for the Blind

15 West 65th St.
New York, NY 10023
(212) 769-6268
www.jgb.org

*Services for visually impaired. **FREE** vision test and information.

Walker and Company

435 Hudson Street
New York, NY 10014
(800) 289-2553 or (212) 727-8300

*Large print books on Judaism and Christianity.

Support Organizations and Resources

Large Print and Audio Resources

American Printing House for the Blind

1839 Frankfort Avenue
Louisville, KY 40206-0085
(800) 223-1839 or (502) 895-2405
www.aph.org

*Materials for students, books in large print or on cassette.

Associated Services for the Blind

919 Walnut Street
Philadelphia, PA 19107
(215) 627-0600
www.asb.org

*Books and audio subscriptions to popular magazines.

Choice Magazine Listening

P.O. Box 10
Port Washington, NY 11050
(516) 883-8280

*Anthology of articles from popular magazines in audio.
FREE.

Educational Tape Recording for the Blind and Disabled, Inc.

3915 West 103rd St.
Chicago, IL 60655
(773) 445-3533

*Audio cassettes for students of all ages.

National Association for Visually Handicapped

22 West 21st Street, 6th floor
New York, NY 10010
(212) 889-3141

West Coast: 3201 Balboa Street
San Francisco, CA 94121
(415) 221-3201

www.navh.org

*Library lending service. **FREE.**

National Federation for the Blind

1800 Johnson St.
Baltimore, MD 21230
(410) 659-9314

www.nfb.org

*Recordings of USA Today, The New York Times and The Chicago Tribune.

Credits

Telesensory would like to thank the following organizations for providing the invaluable resources and information used in the preparation of this booklet. We would also like to give special thanks to the eyecare professionals who generously shared their insight and advice during the editing stage.

Eye Disease Photos:

National Eye Institute, National Institutes of Health

American Foundation for the Blind

15 West 16th Street
New York, New York 10011
(800) 232-5463
www.afb.org

Deicke Center for Visual Rehabilitation

219 E. Cole Ave.
Wheaton, IL 60187
(630) 690-7115
www.deicke.org

The Lighthouse International

111 E. 59th Street
New York, NY 10022
(800) 334-5497
www.lighthouse.org

National Association for Visually Handicapped

22 West 21st Street, 6th floor
New York, NY 10010
(212) 889-3141
www.navh.org

National Eye Institute

2020 Vision Place
Bethesda, MD 20892-3655
(301) 496-5248
www.nei.nih.gov

Royal National Institute for the Blind

224 Great Portland Street
London, WIN 6AA
0345-66 99 99
www.rnib.org.uk/

Research Materials:

Conclusion

If you have low vision, you are among about 14 million Americans and 135 million people worldwide. Low vision primarily affects people in later stages of life, so numbers will continue to grow as the population ages. Private and public groups have recognized this fact and developed a myriad of resources to assist with early detection, effective treatments and education.

In the past, several misconceptions have prevented people from receiving this vital information in time to use it most effectively in their lives. These include the notions that vision loss is a natural part of aging, that one must be totally blind before seeking assistance, or even that help doesn't exist.

As you have learned in this booklet, the earlier a diagnosis of low vision is made, the better the chances are for successful treatment and retaining remaining vision. And even if your vision can't be improved, it doesn't have to mean the end of the life you once knew. Through education and assistance, you can develop effective strategies for maintaining your lifestyle.

As a leading manufacturer of products for people with low vision, Telesensory has been responding to the needs of this group for more than three decades. When we realized that the public was not always getting essential information about available resources in a timely manner, it was natural for us to take action. By working with eyecare and low vision professionals to develop this guide, we hope we have contributed to the health and well being of those who can benefit most from its creation.

Produced and funded by:

Telesensory Corporation

We are focused on enabling people with low vision to read again!

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