

**NCBI**

**Low Vision Service**



**NCBI**

**Working for People  
with Sight Loss**

# Who we are

NCBI is a not for profit charitable organisation which offers support and services nationwide to people of all ages experiencing difficulties with their eyesight.

**18%**

**82%**

About 18 percent of people using NCBI's services are completely blind, while 82 percent have varying degrees of usable vision.

This leaflet is available in Braille and audio upon request from NCBI on Locall 1850 33 43 53 or by emailing [info@ncbi.ie](mailto:info@ncbi.ie)

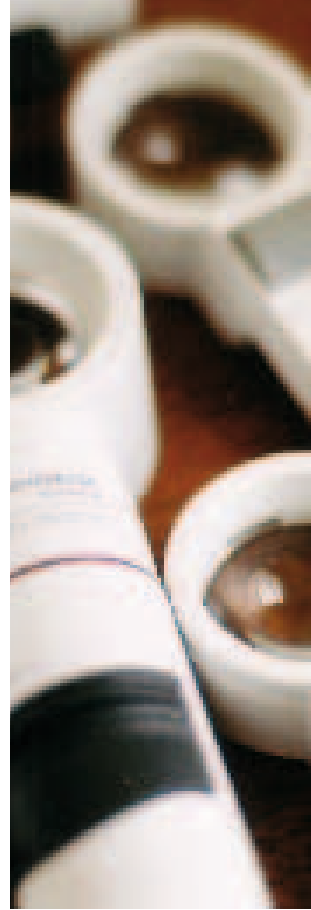
# What is Low Vision?

Low vision can make it difficult for people to see things up close like reading and writing or to see things in the distance like traffic. Some of the signs of low vision include difficulty with:

- reading – print may appear broken or distorted
- recognising faces
- seeing the time on your watch
- carrying out everyday tasks at home such as preparing a meal or writing a shopping list
- seeing traffic or reading street signs
- seeing steps and kerbs.

If you experience any of these problems, **even when you are wearing your glasses or contact lenses**, then NCBI's low vision service may be able to help.

At our regionally-based low vision service you will meet our team of low vision professionals which is made up of an optometrist, rehabilitation and support staff.



**This service is offered to people who are having significant problems with their eyesight and does not replace your routine eye examination with your local optician.**

## **NCBI Low Vision Service**

When you attend our low vision service for assessment, an optometrist will assess what you can see on an eye chart, but also how well you can see when carrying out everyday tasks. We will then discuss with you the best possible solutions to the difficulties you experience as a consequence of vision loss.

## **Low Vision Aids**

Low vision aids such as hand-held magnifiers may help you with reading things like books, letters and food labels, doing a crossword, or setting the controls on your cooker or enjoying family photographs. Other low vision aids may be used to see things in the distance like watching a football match on television, seeing a show at the theatre or checking the number of a bus.

These aids come in different strengths and sizes and can be small enough to fit into your pocket or large enough to fit onto your desk. Some people prefer to have their magnifiers fitted onto spectacles so that their hands are free for other tasks. Our low vision team will help you to choose the one that suits your needs best.

### **Aids and Appliances**

As part of your assessment, you will have an opportunity to look at our selection of large-print, tactile and talking aids and appliances, such as signature and writing guides, talking watches and clocks, large button phones and a wide range of other equipment which is designed to make everyday activities easier.

### **Assistive Technologies**

A range of assistive technologies will be available for you to try out as well. This equipment can be used to make things bigger and easier to see by enlarging print, photos and pictures onto a screen or by reading your letters or bills aloud so you can listen to them.

# General Support

Our support staff are also available to offer emotional support and practical advice on any other issues that concern you such as how sight loss has impacted on your life, adaptations you can make to your own home or advice on government entitlements.

We can also offer you information about the other services you might like to avail of such as our library service, mobility training or independent living skills. After your assessment, we can arrange for our local community based staff to contact you for a follow-up appointment in your own home or, if you prefer, in our local office.

## Getting in Touch with Us

To make an appointment with your nearest low vision service please contact us on Locall 1850 33 43 53.

**About NCBI**

**Services for Individuals**

**Services for Organisations**

**Information**

**Living with Sight Loss**

**News and Events**

**Library**

**Support Us**

If you or someone you know is experiencing problems with their sight, NCBI can help. For more information about NCBI or to find your local office contact:

**NCBI Head Office**  
**Whitworth Road**  
**Drumcondra**  
**Dublin 9**

**Locall:** 1850 33 43 53

**Email:** [info@ncbi.ie](mailto:info@ncbi.ie)

**Fax:** 01 8307787

**Web:** [www.ncbi.ie](http://www.ncbi.ie)

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