

Re: Mrs Moira Burgess

21st November 2022

Dear Moira

We visited you at home on 20th November 2022 for a low vision assessment. Below is a summary of the key points and report of the outcomes of your assessment. I hope it is of help.

Key points and recommendations:

| | |
|---------------------------------|--|
| <p>Magnifiers issued</p> | <ul style="list-style-type: none"> • +16.00DS illuminated stand magnifier • +12.00DS pocket hand magnifier for outdoor spot tasks |
| <p>Recommendations</p> | <ul style="list-style-type: none"> • New ready readers with yellow tint • GP referral • Sensory needs team referral • Registration as sight impaired • Video magnifier for correspondence |
| <p>Advice</p> | <ul style="list-style-type: none"> • Information on AMD and Charles Bonnet given • Utilities correspondence adaptation • TV viewing • Cooking/domestic task adaptation advice • Useful contacts: <ul style="list-style-type: none"> ○ RNIB ○ Macular Society ○ Local falls team |

I understand that your visual impairment is due to macular degeneration (wet right eye, dry left eye).

- I am confident you understand this condition
- You understand Charles Bonnet and are reassured about recent and possible future episodes

You seem to be eligible for sight registration as **sight impaired** and I would recommend that this is discussed with your consultant at your next hospital eye clinic appointment. I have sent a copy of this report to your consultant for information.

I have given you a leaflet outlining the benefits of registration.

Spectacles:

I did not test your eyes for spectacles today as you have seen another optician for this during the last 12 months.

Spectacle prescription:

R: -1.00 DS (0.9)

L: -0.75 DS (1.0) Binocular 0.9

Reading addition +4.00DS at 25 cm R N12 L N18

You are happy with this working distance but uncomfortable with less. You have moderately reduced contrast sensitivity.

You would benefit from new spectacles for reading as follows:

- +4.00DS ready readers with yellow tint (as demonstrated) – you felt this offered noticeable improved definition of larger print and know to use them with the new stand magnifier

We have ordered these for you and we will call you when they are ready to collect.

Low vision aids:

You reported difficulty with:

- Reading books and newspapers
- Reading mail and utilities correspondence
- Television viewing
- Cooking and some domestic tasks
- Mobility outdoors and on stairs

We gave you:

- +16.00DS illuminated stand magnifier (to use with new readers for all prolonged reading) – have advised use of clipboard when using for newspapers
- +12.00DS pocket hand magnifier for outdoor spot tasks

Also:

- You did not like the MaxTV for TV viewing
- You understand the benefit of sitting closer to the TV, looking to the side of the screen, and know how to select the 'audio description' option
- You really liked the portable electronic video magnifier demonstrated and we felt it to be of particular use for handwritten correspondence – you are to contact the 'technology for life' team at the RNIB to organise this. I have given you the RNIB Reading Choices information in advance of this
- I have put you in touch with the Macular Society and you are attending a local meeting soon
- You understand the advice and information given about avoiding falls and know how to contact your local falls resource team
- I have given you information about the RNIB 'talk and support' service which you are keen to join
- You know how to contact utilities and services to arrange for large print bill and correspondence

I have enclosed information about how to use and look after your magnifiers.

I have given you the 'Making the most of your sight' leaflet.

Rehabilitation:

I have referred you to the sensory team for a review of your needs and they will be in touch by telephone. I have recommended:

- Assessment of domestic environment – you were interested in tactile bump-on stickers for the cooker and washing machine, liquid level indicator, contrast enhancement, localised lighting enhancement
- Assessment of mobility and possible training or support options

Eye health:

Today's findings are consistent with what we already know about your eye condition.

- You are happy for me to refer you to the GP regarding your worries about decreasing sight and how it affects your mood
- I have given you the Northumberland NHS 'Depression and Low Mood' information leaflet which you thought would be helpful

The importance of regular ocular health review has been discussed. We have suggested that you should return to the Low Vision Centre in 12 months. This is not a medical appointment and therefore you should continue as usual with any hospital appointments.

I will be in touch in one month to see how the plan we have agreed is proceeding.

Yours sincerely

Low Vision Optometrist,

Low Vision Services

Cc: Rehabilitation Officer

Cc: GP