



Hope Vision Foundation

You are not alone. Millions of people are living with vision loss. There are tools, adaptive aids, techniques you can learn and support services for you.

1. Take inventory on how your vision loss is impacting you

Does your vision make any of your activities more difficult?

Do you use anything besides glasses/spectacles to help with activities? (Adaptive Aids such as Magnifiers, lighting...)

	Doing Fine	Need to adapt
Reading		
Writing		
Driving		
Dressing/Bathing		
Cooking		
Walking/Exercising		
Using my phone		
Watching TV		
Using my computer		
Socializing/Hobbies		
Work		

- Check in emotionally
 - What are you worrying about?
-
-
-

Who can you talk to?

- Join a support group
- Ask your doctor for a referral to social work or mental health services

Know and understand your diagnosis

- My Diagnosis _____
- My vision is impaired in my
 - Right Eye Left Eye Both eyes
- My vision loss is considered
 - Low Vision Legally blind
- Use our doctor's visit checklist
- Take an online or in person class to learn more

Get support services

- Have you been referred to your state Department of Services for the blind?
 - Yes No I don't Know
- Connect to vision rehabilitation services in your area
- Connect to condition specific resources and support group
- Know your rights under the American's with Disabilities Act

Great Job working through this worksheet!

Hope Vision Foundation is here for you www.hopevisionfoundation.org,
call or contact us 1(833)228-5501