

Devon in Sight Making the Best Use of Your Sight Fact Sheet 1

Skills For Seeing – Macular Society

Introduction

One-to-one advice on how to make best use of the vision you have to continue doing the things you love. Combining vision know-how, magnification, lighting and, where it works for you, ‘eccentric viewing’ and ‘steady eye strategy’ techniques.

Who is it for?

Anyone losing their central vision because of a macular condition, including age-related macular degeneration (AMD), particularly in later stages.

Two Part Programme

Divided into two parts, everyone can benefit from the first session, learning the skills and knowledge to help you manage your condition better. Part two covers ‘eccentric viewing’ and ‘steady eye strategy’, but not everyone chooses to do this, it very much depends on your individual circumstances

What is Eccentric Viewing?

As the macula changes, some parts will be more effective than others. We help you find your point of best vision and teach you how to use it. You may find you need to look away from an object, looking off-centre, to see it more clearly. It takes time and practice to perfect this skill, but it has helped people to continue to read and carry on with other tasks that require a degree of detail.

What is Steady Eye Strategy?

Steady eye strategy involves keeping your eyes still and moving the text through the best part of your vision, which can help you read faster and more accurately. This technique can take longer to learn than eccentric viewing, but it is particularly useful for people who have a very small part of central vision which is still clear.

Making it Work for You

Sessions can be delivered in a number of ways, at no cost to you.

The service can be provided over the telephone or digitally, by trained staff or volunteers on a one-to-one basis, with resource packs available to assist you where needed.

You can also access online training programme with the link below.

<https://www.macularsociety.org/support/skills-seeing/evtraining/>

Face to face sessions will resume when it is safe to do in the areas where trainers or partner organisations are available.

Skills for Seeing Support

The Macular Society Website:

<https://www.macularsociety.org/support/skills-seeing/>

What to do next?

If you have central vision loss and would like to know more call our helpline and we can refer you into the Macular Society's Skills for Seeing.

If you need any further advice call our Helpline: 01392 876 666

Devon in Sight is a member of the **Helpline Partnership Community**.

Credit

We would like to thank the **Macular Society** for their kind permission to reproduce this information.

Further Support Available from Devon in Sight

- **Information, Advice and Guidance**
 - **Demonstrations of Low Vision Aids & Daily Living Equipment**
 - **Assistive Technology Solutions - Sight & Sound Technology Partnership**
 - **Our holistic needs assessment (Sight Loss MOT)**
 - **Training for people with central vision loss (Skills for Seeing)**
 - **Emotional Wellbeing Service**
-

Information Disclaimer

Devon in Sight is committed to producing Information, Advice & Guidance Resources that are clear, accurate, evidence-based, up-to-date and easy to use. We have a robust information production process based on best practice to ensure that information we produce meets the needs of people who are blind or partially sighted and their family and friends.

Devon in Sight is not a medical organisation; therefore we can only provide general information that is not intended to be a substitute for a proper medical assessment. Our information is not intended to be used for individual cases. If you have a specific question about your eye condition, we recommend that you consult an eye care professional.

Devon in Sight will not accept liability for any loss or damage or inconvenience arising as a consequence of any use of or the inability to use any information resources that it provides. People who use our Information Resources and rely on any information do so at their own risk. Devon in Sight does not represent or warrant that its Information Resources are accurate, complete or up to date.

Our Information, Advice & Guidance Resources were correct at the time of writing. However, due to research and medical advances, the content may not be completely up to date.

Devon in Sight Contact Information



Helpline 01392 876 666
www.devoninsight.org.uk
enquiries@devoninsight.org.uk

Devon in Sight is a Registered Charity No 1140978

Version: MTBU1 April 2022 V1