



## **2026 Quick Reference Sheet for providing basic low vision rehabilitation in any setting**

**Prepared and shared by Dr Tracy Matchinski**

### Suggested equipment to bring with you in addition to standard examination equipment:

1. Small library of high plus and minus glasses +/-10.00 to +/-25.00
2. High plus readers, +4 to +12
3. Pocket flashlights
4. +10 and +20 folding pocket magnifiers
5. Small selection of fitover filters (gray, amber, yellow, orange, red)
6. Orientation and Mobility canes
7. Assistive Technology quick reference sheet (attached)

### Apps-download and use your phone to demonstrate

#### Seeing AI

- Optical character recognition
- <https://www.seeingai.com/>

#### Be my Eyes

- Virtual live assistant
- <https://www.bemyeyes.com/>
- Available in 150+ countries in 180+ languages

#### Supervision

- Magnification
- <https://masseyeyeandear.org/makeagift/supervision>
- Suite of innovative vision assistance smartphone apps
- SuperVision Magnifier, SuperVision Goggles (**can be used with low-cost cardboard VR glasses**), SuperVision Search

#### VisionSim™ by the Braille Institute®

- This app allows the optometrist to demonstrate the vision loss to family members, to better understand what the person with vision loss is experiencing

#### Computer, tablet, phone Accessibility

- Be prepared to review/discuss enlargement, contrast enhancement, screen reader/speech output
- <http://www.apple.com/accessibility/osx/#vision>
- <https://www.microsoft.com/enable/products/windows10/> <http://www.microsoft.com/enable/>



### Free Screen Reader

- Free, open-source accessible screen reader
- <https://www.nvaccess.org/>
- NVDA (Non-Visual Desktop Access)

### Free Orientation and Mobility Canes

- White canes and solar powered talking players
- <https://youcanegive.org/>

### Human Guide techniques

- Review and know how to demonstrate Human Guide Technique
- <https://braileinstitute.app.box.com/s/ti61f4kfrus6vps1h18h8mmquixgmlcd>
- Link is for PDF from Braille Institute for Human Guide techniques

<b>Free Phone Apps</b>	
	Seeing AI-smartphone's camera will scan image and read aloud
	Be my Eyes-connect to a virtual assistant
	SuperVision-smartphone's camera provides magnification
<b>Free screen reader</b>	
	NVDA-nonvisual desktop access
<b>Built in Computer Accessibility (also on tablets and smartphones)</b>	
	Enlargement/magnification Contrast enhancement Speech output/screen reader

<printable handout to distribute to patients-translate as needed to language(s) of patients you are working with>