



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://masseyeandear.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://brailleinstitute.app.box.com/s/ti61f4kfrus6vps1h18h8mmquixgmlcd>
- Link is for PDF from Braille Institute for Human Guide techniques

<u>Free Phone Apps</u>		
		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
<u>Free screen reader</u>		
		NVDA-nonvisual desktop access
<u>Built in Computer Accessibility (also on tablets and smartphones)</u>		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>