



**BIOS** | **BRITISH AND IRISH  
ORTHOPTIC SOCIETY**

**Easy Read Version**

**Reduced vision following stroke and  
brain injury**





# Reduced vision following stroke and brain injury

## Practical ways to improve vision:



- Use bright lighting at home
- Use extra lights on base of cupboards
- Use angle poise lamp for close work
- When using natural light avoid causing shadows
- Try different lighting to see what works best



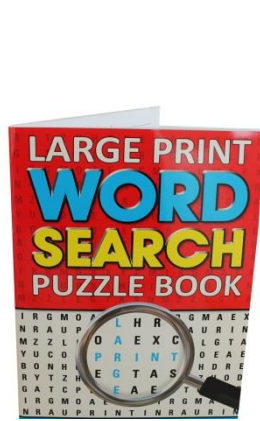
- Wear a hat or sunglasses to avoid glare outside
- Make things around the house stand out



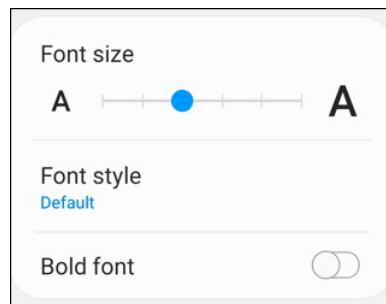
- Using a different coloured place mat for your plate
- Put coloured tape around light switches



- Use a telephone with large buttons



- Use large print books
- Sit nearer to the TV



- Use a computer or tablet to change font size



- Different magnifiers for different tasks
- Get advice from your orthoptist or eye clinic team

## Falls



- Remove clutter
- Secure carpets
- Wear correct glasses for reading and walking
- Avoid large changes in glasses prescription

## Driving



- You must meet the legal vision levels to drive
- Speak to your orthoptist

## Registering as Sight Impaired



- Ask your eye clinic if you meet the vision levels to be registered as sight impaired
- You and your doctor will sign a form
- Benefits may be available
- Speak to your orthoptist

## Eye Clinic Liaison Officers (ECLO) and Support Workers



- They give practical and emotional help
- Speak to your orthoptist

This leaflet was made by the Stroke and Neurological  
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see [www.orthoptics.org.uk/](http://www.orthoptics.org.uk/) for more information