

## Low Vision and Assistive Technology Workshop

June 2022

By Carlos Grandela, OD, FAAO

### **Workshop Overview (120 min)**

*\*\*It is recommended that all participants bring a laptop and/or smart device for training.*

- Objectives
  - Participants will discover the common accessibility tools available in smart devices and computers, as well as popular low vision applications.
  - Participants will gain hands-on experience with several common low vision aids and devices, allowing them to better discern the appropriate tools for patients who express loss of daily functions.
  - Participants will experience the latest updates in assistive technology for low vision, including OCR text-to-speech devices, wearable video magnifiers, and sonar haptic equipment.
  - Participants will sample tools for visual field expansion and discuss their use for everyday activities such as walking, driving, reading, and more.
- Rehabilitation
  - Smart Device Accessibility features (20 min)  
*Demonstration followed by individual practice with each of the following steps and personal troubleshooting.*
    - Magnification via screen and camera
    - Contrast settings
    - Text-to-speech
    - Dictation
    - Voice Assistant
    - Seeing A.I., Kindle, Bigger Brighter, and other common applications.
  - Computer Accessibility features (20 min)  
*Demonstration followed by individual practice with each of the following steps and personal troubleshooting.*
    - Screen Magnification modes
    - Contrast settings
    - Narrator
    - Voice Recognition and Dictation
  - Optical Magnification (15 min)  
*Demonstration followed by individual practice at workstations tailored to specific activities: reading a label, reading a book, reading a street sign, threading a needle.*
    - Prescribing Add Powers above +3.00 DS
    - Hand-Held Magnifiers
    - Telescopes and Bioptics
      - Bioptics for Driving

~~~10 Min Intermission~~~~

- Contrast Enhancement and Glare Control (10 min)  
*Demonstration followed by individual practice at workstations for reading acuity and contrast sensitivity charts with varied lighting and filtered lenses.*
  - Daylight Lightbulbs
  - Task Lighting
  - Tips for Contrast
  - Filtered Lenses for Indoors
- Field Expansion (10 min)  
*Demonstration followed by individual practice at workstations with simulated lenses for hemianopsia, altitudinal losses, scotomas, and 360 constriction.*
  - Yoked Prism
  - Peli Prism
  - Sector Prism
  - Reverse Telescopes
- Video Magnification (15 min)  
*Demonstration followed by individual practice at workstations tailored to specific activities: reading a magazine, watching TV, identifying medication bottles, writing a check.*
  - Portable Hand-Held Devices
  - Medium Devices with Stands
  - Large Desktops
  - Wearable Devices
- Sight Substitution (15 min)  
*Demonstration followed by individual practice at workstations with devices: Reading magazine pages, walking while blindfolded.*
  - Orientation and Mobility Cane and Sighted Guides
  - Sunu Band
  - OrCam MyEye
  - OrCam Read
  - Video Magnifiers with OCR
- Final Discussion, Q&A (5 min)