FOCUSABLE HAND-HELD MONOCULAR TELESCOPE

Description

1. Your vision aid is a focusable hand-held monocular telescope.

2. This telescope has a power of ______X (makes objects seem bigger).

3. By focusing the telescope, you can see objects at or further away.

Directions For Use

1. Locate (spot) the objects you wish to see first without looking through the telescope.

2. With your _______ hand bring the telescope up in front of your ______ eye, pointing it at the object. Hold the telescope as close as possible to your eye or glasses.

3. Focusing:
   - With your _______ hand turn the focusing ring out until objects are blurred.
   - Now turn the ring in the opposite direction and stop as soon as the object is clear; this will give you the largest clear image.

4. Scanning (looking at an object that is bigger than the field of view of your telescope: reading a vide sign or looking around a room, for example):
   - Spot the object and focus the telescope as described above.
   - Move your head and the telescope together as you scan.
   - Do not try to look around by moving your eyes.
   - Always move slowly as the telescope will make things appear to pass by very quickly.

5. Tracking (following a moving object: watching the path of a car or watching a person walk by for example):
   - Spot the object and focus the telescope as described above.
   - As the distance between you and the object change, you may need to refocus.
   - If you need to move to follow the object, move your head and the telescope together slowly.
   - Do not try to follow the object by moving your eyes.

6. Do not try to walk around while looking through the telescope.
Hints for Best Use of Your Aid

- This telescope is small and can be kept in a pocket, purse, or hung around the neck between uses.
- When standing, hold your aid against your body or support it with your other hand to help keep the telescope steady.
- When sitting and using your telescope, rest your elbow on table or chair arm to help hold the telescope steady and avoid fatigue.
- Start by using your aid for short sessions (five or ten minutes) several times each day. As you become more proficient, increase the amount of time per session.

Care of Your Aid

- To clean use a soft, damp, lint-free cloth (no kleenex).
- Do not immerse the aid in water.
- Do not set the aid down so the lens touches a hard surface as this may scratch the lens.

Possible Additional Uses

Some people have found they were able to use this aid for the following activities. Your use of the telescope for these activities depends on the design and power of your lens as well as your needs.

- To spot and identify street signs, house numbers, traffic lights, etc.
- To watch television for short periods of time.
- To identify a person coming up the front walk or at the front door.
- To locate the newspaper in the yard.
- View the blackboard.
- Identify the brand on cattle.
- Locate the entrance to a building.
- Monitor children in another room.
- Sightsee while riding in a car.
- See people's faces more clearly as they enter a room.

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