



### Lesson 1: Introduction

- Magnifiers help people see things up close.
- Telescopes help people see things in the distance.
- Some people with low vision can benefit from magnifiers and/or telescopes.
- People with low vision should always see an eye health professional before using a magnifier or telescope. This is because their vision may be improved with other treatment.
- Magnifiers and telescopes can have different magnification strengths. Those included in TAP range from 2x (object appears two times larger) to 6x (object appears six times larger). If a person needs a stronger product they should be referred to an eye health professional.
- There are different types of magnifiers and telescopes to suit the needs of different people. Some are fixed, others are portable. Some allow the hands to be free, others are handheld.
- Some people will need more than one type of magnifier and/or telescope.

### Lesson 2: Step one: Select

#### Assess

To identify if a person may benefit from a magnifier or telescope first complete the TAP vision screen. A person may benefit from a magnifier or telescope if they:

- Did not pass the distance vision screen and have been provided with prescription spectacles by an eye health professional.
- Did not pass the near vision screen and have been provided with spectacles by an eye health professional.

#### Warning

If the TAP vision screen indicates a person may benefit from a magnifier or telescope, complete an assessment using the magnifier and telescope assessment form only if they have already seen an eye health professional within the last 3 months.

#### Select

- Based on assessment findings, refer the person to an eye health professional and/or select a magnifier or telescope with them. Consider:
  - Telescopes are not suitable for people with central or peripheral visual field loss.
  - Stand magnifiers, dome magnifiers, around the neck magnifiers, and sheet magnifiers with adjustable stands are useful for people who cannot use their hands or need their hands to be free. Handheld telescopes and magnifiers are not.
  - If the person uses spectacles (either near vision or prescription spectacles) they should wear these when using their magnifier or telescope.
- For trial magnification, select an activity based on what a person finds difficult because of their vision. Select a suitable object for this activity.
- Trial different magnification powers, starting with the lowest, until the correct level is found.

### Lesson 3: Step two: Fit

- Sheet magnifiers with adjustable stands, and around the neck magnifiers are adjustable. Other magnifiers and telescopes are not and so do not require special fitting.
- To fit around the neck or sheet magnifier with an adjustable stand, ask the person to:

- Place the magnifier over the object
- Slowly lift the magnifier away from the object towards their eyes
- Keep going until the image is clearest
- Fix the magnifier at this level.

#### Lesson 4: Step three: Use

- When teaching a person how to use a magnifier, tell them to:
  - Use the magnifier in good light.
  - Find the point of best magnification by holding the magnifier over the object, then slowly lift the magnifier towards their eyes until the image is clearest.
  - If using a handheld magnifier, hold the magnifier steady at this height. If using a sheet magnifier with an adjustable stand or an around the neck magnifier, fix it at this height.
  - If using a stand magnifier, place the magnifier over the object then move the head as close to the magnifier as needed to get a clear image.
- When teaching a person how to use a handheld telescope, teach:
  - How to focus on an object by turning the focussing ring.
  - How to find and track different objects by scanning the environment with the telescope.

**Warning:** The person should never use the telescope while moving around

- Clean the lens of magnifiers and telescopes with a soft cloth and store in a protective case when not in use.

#### Lesson 5: Step four: Follow up

- During follow up check:
  - Is the magnifier or telescope still meeting the person's needs?
  - Does the person have any problems using their magnifier or telescope?
  - Does the person have any questions about their magnifier or telescope?
  - Observe how the person is using their magnifier or telescope.
  - Check the condition of the magnifier or telescope.
- Follow up actions can include:
  - Providing further teaching on how to use the magnifier or telescope.
  - Trialling a different product or level of magnification.
  - Replacing the magnifier or telescope.
  - Referring the person to an eye health professional or another service.