



Lesson one: Introduction

- Near vision spectacles are used by people who have near vision problems particularly in older adults (presbyopia). They help a person with presbyopia carry out any 'close' activity (within arms-reach).
- Near vision spectacles work by making text or objects look larger (magnified). The power of the lens determines how much bigger text or objects will look.
- This module covers only standard near vision spectacles that have:
 - A magnification range between +1.00 (weakest) to +3.00 (stronger)
 - The same power in the right and left lens.

Lesson two: Providing near vision spectacles

Step one: Select

- First complete the TAP vision screen or a similar vision screen.
- If the vision screen shows that near vision spectacles may help, assess the person for near vision spectacles.
- To find the right power of lens for a person, ask them to hold the near E-Chart approximately 40cm from their eyes.
- If the person cannot see the row of E's ask them to try with the lowest power near vision spectacles (+1.00). Keep increasing the power of near vision spectacles (up to +3.00) until the person can see the row of E's clearly.
- Ask the person to check if they can still see the E's if they move the vision chart back and forth within a range of around 20cm.
- If it is not possible to find the right power of near vision spectacles, ↶ refer the person to an eye health professional for further assessment.

Step two: Fit

- Near vision spectacles should fit comfortably on a person's face.
- To get the best fit, select the most appropriate size of frame for the person.
- A good fit is:
 - **Frame width:** No wider than the overall width of the person's face.
 - **Bridge and nose pads:** Spectacles should fit snugly on the bridge of the person's nose.
 - **Level:** The frame should sit level on the person's face.

Step three: Use

- Near vision spectacles can be worn when the person needs to see something up close.
- As well as wearing near vision spectacles, encourage people to use good light directed at where they are looking.
- Teach people how to handle their spectacles, how to clean their spectacles and to check the screws regularly.
- Store near vision spectacles folded and in a case.

Step four: Follow up

- If at follow up a person cannot see as they did before, carry out a TAP vision screen to check the person's eye health, distance and near vision. If the vision screen suggests near vision spectacles are still appropriate, re-check the best power for the person.
- During follow up, check the condition and fit of the spectacles.
- Carry out basic maintenance and repair if required.