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**FEBRUARY IS LOW VISION AWARENESS MONTH:
TIPS FOR LOW VISION**

LANCASTER, Penna. (Feb. 14, 2024) – People living with low vision, or vision that can't be corrected with glasses, contacts, or treatment with medicine or surgery, often have problems with reading and their daily tasks.

February is low vision awareness month and VisionCorps has some tips that can help people identify if they have low vision and learn how to deal with it so they can continue to live independently.

Low vision means not being able to see well enough to do things like read, drive, or recognize people's faces, said Dennis Steiner, VisionCorps President/CEO.

"We have some tips that can help make it easier for them to live with low vision," said Steiner. "We encourage people to get an annual dilated eye exam. It's good to find out about your eyesight and track whether it is staying the same or getting worse."

Some tips to help with low vision:

- Use brighter lights at home or work – overhead lighting helps eliminate shadows.
- Use bright white and/or LED bulbs instead of soft white light bulbs.
- Sit with your back toward a window or a light.
- Use contrast to distinguish between items – a light-colored object should be placed against a dark background or vice versa. For example, use a cutting board that is a different color to contrast with the color of the item you are cutting.
- Wear anti-glare sunglasses.
- Use flashlights or the light on your cell phone to see menus with small type or to help with using keys.
- Magnifiers can help with reading and other close-up activities.

"It is better to see a vision rehabilitation specialist for help with magnifiers," said Steiner. "You often need to try various devices before you find the one with the correct power

one that works for you. Magnifiers sold in stores or online may not be made for people with low vision or extensive vision loss.”

Steiner encouraged people with low vision to contact VisionCorps to find out more about vision rehabilitation services that may be available to them at no cost. Call VisionCorps at 866-876-6550 or visit online at www.VisionCorps.net.

He also said VisionCorps is looking for volunteers to help with clients with low vision.

“We are looking for volunteer drivers in all the counties we serve: Adams, Chester, Lebanon, Lancaster, and York,” said Steiner.

Those who are interested in volunteering should contact Miranda at 717-925-7271 or mgolden@visioncorps.net.

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About VisionCorps

VisionCorps is a nonprofit with a goal of empowering people who are blind or vision impaired to attain independence by providing them with the tools and training, including employment, to empower them. The organization serves almost 2,000 individuals with rehabilitation services in Lancaster, Lebanon, Chester, York, and Adams counties. VisionCorps’ prevention services include KidSight, which screens more than 7,000 children annually for vision loss.

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