



IRISVISION

IrisVision: The First Month

What you should know and expect the first month of wearing IrisVision

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At IrisVision we, see improvement day after day in hundreds of stories of our customers. It takes time each day and you must be prepared to put in the time to practice. It will be satisfying and fun, but like any new device you may forget how a button works or how to get the best focus. This is normal. That is why it is important to use IrisVision several times a day every day.

We have included some examples and exercises to help you during the first four weeks. It may be important if you would write a list of tasks that are important to you. Tasks that either you cannot do any longer or those you are frustrated doing. You may have a long list of 20 or 30 different things that are difficult.

Now, take the same list and put them in order of importance for you.
What are your top 10 items on your list?

In low vision service, we help the person divide these tasks into three categories. We call them near, intermediate, and distance tasks.

- Near may be for you reading your mail, food labels, medication bottles. It may be looking at photos, trimming your nails or seeing the phone dial.
- Intermediate tasks may be seeing things further away like the thermostat on the wall, buttons of the microwave, playing cards on a table or food items on the pantry shelf. Computers or tablets are a good example also.
- Distance tasks may include watching TV, seeing faces across the living room during a conversation or looking at your garden outdoors.

Make sure to practice your tasks in all of these categories each day. Do not skip a day. Try and make note of small improvements over time.