



TwinTech Academy & Mygenedex, Chennai!

Panel Discussion

AWARENESS ON LOW VISION

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Q & A

1. What is low vision?

Low vision is a vision problem that makes it hard to do everyday activities. It can't be fixed with Glasses, contact lenses or other standard treatments like medicine or surgery. You may have low vision If you can't see well enough to do things like , read, drive, recognise people's face, see TV etc.,

2. What will he/she need to do once he feels his vision is less?

First the person should consult an eye care professional. It can be either ophthalmologist or optometrist. It need to be verified as to whether the cause of low vision is treatable or manageable by providing glasses. If it does not work, that is the time you will be referred to an low vision specialist.

3. What are the common reasons for low vision?

Among children common causes are postcataract surgery, optic atrophy, Retinitis pigmentosa, Various hereditary ocular conditions

Among adults common causes , Diabetic retinopathy, Glaucoma, Age related macular degeneration

4. Who is low vision care specialist? How do we come to know about them?

In India , low vision specialist are mostly optometrists, who do not diagnose or treat your eye condition, but he will help you with appropriate low vision devices and therefore help in enhancing your vision ability. This will enable you to improve your quality of life or do better in activities of daily living. You can find them in big eye hospitals or some of the independent optometry clinics.

5. When should I consult vision rehabilitation professional? What kind of service they provide for visually impaired people?

After being seen by Low vision specialist , and identified your low vision devices, you will be referred to vision rehabilitation professionals, who will help you in training with low vision devices. In addition they also provide, orientation and mobility training, daily coping tips, and other related rehabilitation information/ training.

6. In my family 3 out of 5 children are having night vision complaints and slowly their day vision also going down. My concern is how do I know whether the next generation will get the same problem or not. Whom to approach for getting the family guidance?

We required more details. Child might be having retinitis pigmentosa. May be child might out of consanguinity marriage (marrying within relatives). Looks like it will not pass to next generation. You can contact Geneticist. If you need help from Dr. Kumaramanickavel (contact number: 9840810458)

7. I have glaucoma for the past 10 years and my eye doctor says treatment is being given to preserve further deterioration of visual function. Off late I find it to be very difficult to move around comfortably in unfamiliar places. I want your advice.

For mobility purpose, it is appropriate to get trained for orientation & mobility with Vision rehabilitation professionals. Ensure adequate lighting at home.

8. Sir, since I have diabetic related retinal changes and is using thick glasses for reading purpose. My question is how often I should seek eye care with eye doctor/retinal specialist and how often I should do go for follow-up with low vision specialist?

Usually it is advisable by your treating ophthalmologist (eye doctor). It can be anywhere from 3 months onwards. Your ophthalmologist will refer accordingly to low vision specialist too.

9. My father is 92-year-old and more of bed ridden. He has developed some age-related retinal condition and the eye doctor advised him to be under low vision care specialist. Is there any possibility for the specialist offer the service at our doorsteps?

Yes. If you are in Chennai, you can contact your own eye doctor or optometrist, they will usually oblige. If you need any help from us, you can contact us : 98403 12791 / 9710485295.

10. My grand daughter is now 2 months old and I understand that she could not see things clearly. We took her to eye doctor, and they told that she has developmental anomaly. I want to know what exactly Developmental anomaly means. What treatment is available? And any other specialist can help the child see.

It means some eye problem from birth. Depending upon the eye condition, the ophthalmologists (paediatric eye doctor) will help you.

11. What are the rights of low vision and blind individual in India?

Right to education

Right to employment

Right to not get removed from existing employment

are all there in the constitution.

If you have any specific question on this, you can approach

Mr. B. Vijayakumar. You can write to us or call us in the mobile numbers, we will help you to interact and take guidance from

Mr. Vijayakumar

12. What are the new developments in low vision care?

New electronic devices are available in India

A lot of facilities for visually challenged are there in smartphones which can be used See the next para for new gadgets available in India.

New Gadgets

NuEyes/ Samsung VR unit - 3 – 4 lakhs

Orcam - 3 – 4 lakhs

Autofocus telescope - 1- 2 lakhs

Omtao, Hyderabad

Jutron, Ahmedabad

Karishma Enterprises, Mumbai

Non visual Desktop Access / JAWS

13. Can I walk around with the telescope on?

NO it is not advisable to use telescope for mobility purpose. However, if you want to use occasionally , you can get help from low vision specialist who can help with you bioptic telescope or provide telescope which can be hang around the neck using string and use it for spot seeing on and off.

14. Six-year-old with low vision and was refused to permit into normal school. Can you advise what need to be done?

Not anyway distinguished from other students. Kindly be in touch with Mr. Vijayakumar. He will be help you. Contact the numbers given , we will facilitate the interaction.

15. Can you share one successful genetic counselling which transformed the individual and the family at large?

Kindly listen to YouTube : <https://youtu.be/qlqO1ugNWD0>

Awareness program for patients with vision difficulties.

16. What is the procedure to get disability certificate?

Disability Certificate

State Rehabilitation centre & Training centre, KK Nagar/
Government Hospital in Tamilnadu

Get certificate & Card

Vision rehabilitation centres

Public : NIVH, NIEPMD

Private : Nethrodaya, Sankara Nethralaya

Computer training, Optical devices, white cane, Non optical aids, O & M

Niki CCTV (Electronic device) : Free - Students -
Collectorate officer/Rehab. Officer – KK Nagar.

17. What are the normal cheap LVA for Down syndrome school going child?

There are many low cost low vision devices. Parents can approach a low vision specialist. They can help them. Very important ensure that child get appropriate glasses. It is very common to see children with Down's , having near vision difficulty and therefore any do not miss good eye check up with an ophthalmologist or optometrist.

18. I am visually impaired person with RP. I would like to know about the latest assistive technology available to improve quality of life .

Reversed telescope will help the person. They can contact the low vision specialist for help. Advanced RP : There are Head mounted system, electronic devices.

19. I am having RP and nowadays gradually my vision is dropping. Is there any possibility to stop ? How about vitamin A for night vision problems?

I have 2 kids as a mom I could not able to help them in their studies in this pandemic. I cant send them out for tuitions too . Is there any way to improve my contribution for them ?

Vitamin A will not help people with RP. For rehabilitation help, you can contact vision rehabilitation professional. They will be of great help for your challenge to teach your children. If you are in Chennai, you can contact Dr. Vijayalakshmi, NIEPMD.

20. I want to replan my house, so that I don't fall. Where will I get an advisor ?

Adaptation inside the house is needed. Rehabilitation professional from Composite regional centre, NIEPMD , Nagpur will help the person. They can directly contact the regional centre. Address : 2, Dhantoli, Nagpur, Maharashtra 440012.

21. One boy (2003 born) had been affected in 2013 by a disease named MOYA MOYA due to which he had lost his eye sight. Surgery in the brain was performed. Post surgery he didn't regain sight but lost his memory. Over a period, with lots of medicines allopathic , Homoeopathic etc he has regained his memory say about 75 % and vision up to 25% only. (To some extent he can move independently both within and outside the house) He is certified 75% visually impaired.

Since this condition is more associated with nerve related problem and also been advised by the neurologist, it will be appropriate for the person to take appointment with Low vision specialist. They will be of great help to lead better quality of life.

22. Boy's case (2001 born) he lost his eyesight in 2018 when he was 17 years old due to a head injury. Doctors have told his parents that some nerves are affected and a surgery was performed on the brain. He is not able to see anything.(May be sometimes he can only feel something moving in bright sunlight). He is totally dependant on his parents even for movements within the house.

The person can approach to contact low vision specialist and have detail evaluation. Also advise the person to district level eye hospital and get disability certificate which help them to get a lot of benefits from the government of India.

23. Why my child is having difficulty while looking from central to right or right corner? He also having difficulty while looking from up to down misses some part in the middle. When he is sick or emotionally upset this is more ? Any remedy please. Pt was operated for cataract and now 14 years of age.

We strongly recommend you to contact ophthalmologist and get the specific Visual field test (side vision) done. Based on that finding, your low vision specialist can help you.

24. How much the visual stimulation activities be effective for child with cortical visual impairment ?

Yes it will be helpful. Though we cannot quantify the same, our experience have shown visual benefits. You can contact vision rehabilitation centres for sensory integration.

25. Is there any spectacles available for color vision inability in our country ? How effective the spectacles are ?

There are X chrome contact lens and few colored glasses for color vision problem. But kindly understand none of this will help colour vision perception of the individual. It is advisable to explore on how to cope up with the color vision defect. You can approach us for the details , we can help you in coping.

26. My child has Marfan's syndrome. Lens is subluxated in both eyes. Is there an emergency to remove lens . Her vision in one eye is less.

There was no emergency generally in Marfan's syndrome to remove lens. However, you have to go for regular consultation with your eye doctor and he will decide when any surgical approach is advisable.

27. My child has headache and near vision problem . How to rectify ?

Kindly evaluate for glasses and eye muscle related problems . You can approach optometrists for the same.

28. My child has Keratoconus. Please tell me how to treat .

There are different types of treatment for Keratoconus depending upon the severity of the condition. You have to approach your ophthalmologist for the help.

29. My child has thin cornea in one eye according to doctor. Gets pain on using eyes in the computer. How to continue work in computer ?

For thin cornea, depending upon the vision problems, your eye doctor will advise spectacle, contact lens or any other intervention.

If you get pain while working with the computer/ digital instruments, it might be due to need for appropriate glasses , eye muscle check up / eye exercises or simple visual hygiene (Frequent blinking, every 20 minutes of near work take break to look far off distance for 20 seconds)

30. My child has low vision and has poking of eyes. How to prevent?

It is very common behaviour among the children with a eye problem called Leber's. Usually the child does it to appreciate the mechanical visual perception. However, if we want to prevent or stop this habit, in some children, prescribing Plano (no power) plastic spectacle will help.

31. My child has unwanted movements of eyeball. How to stop it ?

If the eyeball movement is there from birth, it is difficult to stop the movement. In rare situation a type of special glasses (yoked prism) will be of some help. But usually the children will not have difficulty with eye movements except that those children will have low vision which can be enhanced by special glasses. You can take advise from ophthalmologist or optometrist for the same.

32. Person with RP. Married to a girl with hearing impairment. Have a normal girl child. Do we have to check her eyes?

Usually the child will not have eye problem because of the parents. However, there is no harm to get her eyes checked up in a eye hospital. If you want to take consultation from Dr. E Ravindra Mohan, you can contact us, we can provide the contact details.

33. My child is 5 years. She has not yet started walking. She sees light. She will sleep only if the light is put off. But she will never look at objects. Her eyes move momentarily and she just looks at things may be a second. Her eye are normal according to doctor. What to do now ?

You can take appointment with vision rehabilitation professional and evaluate the functional vision of the child. Continue to get the child eyes evaluated regularly with the paediatric ophthalmologist and retinal specialist.

34. My child is 2 years. He had delayed birth cry. Motor development is delayed. He has hearing impairment. Now he is able to sit and play . Now he could sit and play. He never looks down to pick up things. How to make him look down ?

Child needs care of vision rehabilitation professional.

35. A patient had cock's meningitis due to which she lost vision. Using Hand magnifiers and spectacle magnifier to do near work. PL vision in OD. Left eye better. Difficult to use + 10 D lens. Diagnosis: Optic atrophy. Only question whether she lose full vision in future ?

Usually they do have same vision and it will not reduce. There are many electronic devices available to enhance the quality of life, especially to do a lot of near work activities. You can contact low vision specialists for the same. If you need any help from us, please do not hesitate to contact us.

36. Patient aged 45, having problem in left eye where he sees three images of the same object. When the object is pointed (eg. street light) he sees three images but when the object is large the images overlap and become blurred to him. Has reduced vision on left eye. Drs identified 3 bubbles on his lens. They are of the opinion that it may be a case of cataract. He is facing the problem since one year. There is no problem in the retina. Pl advise what to do.

Please plan for your cataract surgery as advised by your surgeon

37. Patient aged 82, having ARMD. Having vision problem in both the eyes. Cataract operation done in the left eye but no improvement in vision. Now cataract operation in the right eye to be done. Waiting for your suggestion what to do.

You can take opinion from ophthalmologist regarding the status of ARMD and cataract. IF you undergo cataract surgery, you will regain vision lost due to cataract. But for ARMD, the treatment will be decided by the ophthalmologist/retinal specialist.

38. What are the therapies given for low vision child?

Depending upon the age and the functional vision, the therapies will differ. Kindly contact first eye doctor and with his recommendation take advice from the low vision specialist and the vision rehabilitation professionals.

39. Are long screen timings including from low vision video aids fine for a person with extremely low vision?

Usually it is fine using the electronic gadgets in children with low vision devices. There is no evidence that long time watching / using will harm the eyes. However if the child is feeling tired after using for sometime, it is advisable to relax for a while and start using the gadget.

40. How to prepare basic visual stimulate materials at home ?

Usually it is advisable to select bright toys and objects such a way child appreciate it. Kindly take advise from vision rehabilitation professional who can help you with tips.

41. Any specific food for low vision child ?

No specific food is advised. Ensure that child take good food for general health as advised by your general doctor.

42. How to control my visually challenged child behaviour in appropriate way ?

It is advisable to discuss the query with your vision rehabilitation professional in person and take the inputs.

43. What are the precautions should be taken before pregnancy to avoid birth of child with eye problems ?

Please avoid consanguineous marriages (marrying within blood relatives) or if you wish to proceed, please consult a geneticist. In case of family history of genetic disorders, please consult a geneticist and use prenatal (during pregnancy) genetic tests.

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Further details, Contact us at

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