

At Misericordia Health Centre, there is an occupational therapist and a social worker available to help with the adjustment to living with vision loss. Patients may be referred or request a referral to one or both of these professionals to provide information and support:

- To identify supports and resources available and to provide practical suggestions to help with the adjustments of living with vision loss,
- To assist in planning for safe discharge for those admitted as in-patients at Misericordia Health Centre,
- To help with referrals to other community agencies, such as Vision Loss Rehabilitation Manitoba.

For a detailed resource with tips for low vision, please go to Misericordia Health Centre's website:

[misericordia.mb.ca](http://misericordia.mb.ca)

Programs

Acute Care

Eye Care Centre of Excellence

Under "More Information" click on **Low Vision: resources and practical suggestions**

Or contact occupational therapy at 204.788.8165 or social work at 204.788.8165 to have this resource mailed or emailed to you.



99 Cornish Avenue  
Winnipeg, MB R3C 1A2  
[misericordia.mb.ca](http://misericordia.mb.ca)



## SUPPORT FOR PEOPLE WITH VISION LOSS

When vision loss occurs – temporarily or permanently – it is a big adjustment for the person and his or her family and friends.

Vision loss doesn't have to mean the loss of independence or quality of life. With the right support, people who are blind or partially sighted can do almost anything.

## VISION LOSS REHABILITATION MANITOBA (VLRM)

VLRM is an organization supporting people with all levels of vision loss and is available through a referral. VLRM in Winnipeg is located at 1080 Portage Avenue and has a store with many helpful items on display where everyone is welcome to try before purchasing.

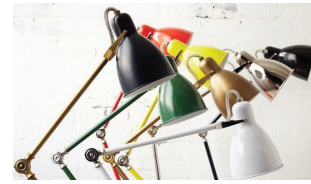
VLRM services include counselling, training for everyday living tasks and safe mobility, career and employment assistance, library services, assistive technology assessments and a low-vision assessment clinic. Some services are provided in the person's own community, including rural Manitoba.

Vision Loss Rehabilitation Canada is a national organization and provides services throughout Canada. Visit [visionlossrehab.ca](http://visionlossrehab.ca) to learn more about services in your community.

## TIPS TO HELP PEOPLE WITH VISION LOSS WITH DAILY LIVING:

Adjust lighting inside and outside the person's home and workplace. Use lamps for task lighting and room lighting that is adjustable

for the person's needs and enhance outdoor lighting with sensors and other lights.



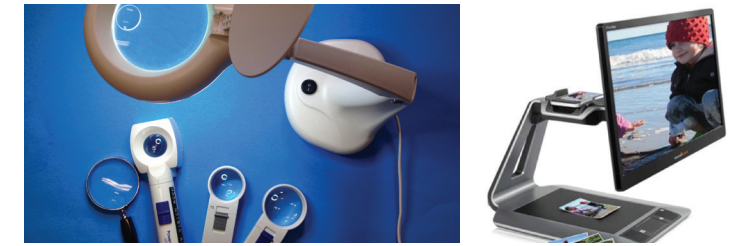
Improve contrast of frequently used items and areas of the home. For example, use dark solid colours against light colours and add strips of contrasting tape or paint on stairs to make it easier to see the steps.



Manage glare with sunglasses and a hat with a brim.



Use magnifiers. A low vision assessment to determine the right type of magnifier is important to match the tool to the person's needs.



Reduce clutter and have everything well organized.



Apply raised or coloured dots on appliances (e.g. microwave) so the person can use them independently.

