

RECOMMENDED READING

The book *A Singular View: The Art of Seeing with One Eye* by Frank B. Brady is recommended for people who have vision in one eye.

This book is available to borrow from your local public library in Winnipeg. Other local libraries may also carry or be able to order the book.

RECOMMENDED VIEWING

A short two-part YouTube video Misericordia's website about adjusting to seeing with one eye.

This video can be found at misericordia.mb.ca/programs/acute-care/eye-care/ under "Related Websites" as **Video: Adjustment to Monocular Vision**.

For further information about help with seeing with one eye, please call 204.788.8165.



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HELP WITH SEEING WITH ONE EYE

If you have vision in only one eye – temporarily or permanently – you may notice some minor changes which affect your everyday life. Most people will adjust, but it may take some time – even up to a year or more. An occupational therapist (OT) and a social worker from Misericordia Health Centre are available to assist you:

- An OT is available to discuss ways to adjust to changes in how you complete some of your activities.
- A social worker may meet with you to give you support to cope and to adjust, and to help you to deal with emotions related to your vision loss.
- An eye specialist may refer you to CNIB to assist for adjustment training and counselling.

With experience, most people regain the confidence and skills to participate in the activities they previously enjoyed and are able to return to their regular lifestyle.

TIPS FOR SEEING WITH ONE EYE

DEPTH PERCEPTION

With only one eye, depth perception is changed. Many people describe seeing with one eye as “flat.”

To simulate 3-D for an instant: Turn your head to the side or up and down. This allows you to estimate the distance between objects for that instant when you are moving your head.

Reaching for objects: Move your hand in a direct straight line toward the object. Keep your hand close to the table while reaching for an object. This may prevent you from knocking it over.

Pouring: Pour with the pitcher or other container by **touching** the rim of the cup or glass. Pouring over the sink may be helpful in case of spills.

PREVENTING COLLISIONS

While walking, driving, skating or riding, take a **look to your limited vision side** just before moving or turning in that direction.

STAIRS

When you are going up or down stairs, watch the last step carefully. Feel ahead with your foot and hold a handrail.

CURBS

Keep your eye on the curb as you approach it so that you will be able to judge the depth of it before taking the step.

CROSSING STREETS

Remember to **look both ways at the very last moment** before you cross. Pay special attention towards the side with limited vision. Be very aware of any cars that may be turning.

SAFETY

It is always important to protect your eyes from injury. Wearing safety goggles and using caution when working with chemicals and tools are especially important.

DRIVING

Discuss your ability to drive with your eye specialist or doctor. Usually people do not drive for three months to adjust to their vision changes, but may be able to return to driving if their vision is adequate in their remaining eye. Driving tips are available upon request from the OT at Misericordia and there is a chapter about driving in the book *A Singular View: The Art of Seeing with One Eye*.