

# DISPENSING OPTICS

## Low Vision Corner Series Useful links and resources

### **Visualise Training and Consultancy**

[visualisetrainingandconsultancy.com](http://visualisetrainingandconsultancy.com) – download the Seeing Beyond the Eyes resource pack, which contains lots of useful information and can be personalised to your area.

### **RNIB**

[www.rnib.org.uk](http://www.rnib.org.uk) – support, information and resources for people with a visual impairment.

[www.rnib.org.uk/sightline-directory](http://www.rnib.org.uk/sightline-directory) – a searchable database of services and organisations that help visually impaired people.

[www.rnib.org.uk/living-with-sight-loss/resource-guides-from-rnib](http://www.rnib.org.uk/living-with-sight-loss/resource-guides-from-rnib) - printable patient information leaflets.

[www.rnib.org.uk/living-with-sight-loss/independent-living/practical-adaptations](http://www.rnib.org.uk/living-with-sight-loss/independent-living/practical-adaptations) – a guide to lighting and contrast around the home.

### **The Macular Society**

[www.macularsociety.org](http://www.macularsociety.org) – information and support is available for people with conditions affecting the macula.

[www.macularsociety.org/professionals/professional-resources](http://www.macularsociety.org/professionals/professional-resources) – printable patient information leaflets.

### **Diabetes UK**

[www.diabetes.org.uk](http://www.diabetes.org.uk) – support and advice for people with diabetes, including advice on eye health.

### **Glaucoma UK**

<https://glaucoma.uk> – support and information for people with glaucoma or ocular hypertension.

### **Retina UK**

<https://retinauk.org.uk> – information and support for people affected by inherited progressive sight loss.

### **The Thomas Pocklington Trust**

[www.pocklington-trust.org.uk](http://www.pocklington-trust.org.uk) – guides and advice on eye conditions, independent living, assistive technology.

### **Blind Veterans UK**

[www.blindveterans.org.uk](http://www.blindveterans.org.uk) – helps ex-service men and women experiencing sight loss. Services include rehabilitation and training, independent living skills, clubs and societies, sports and creative activities.

### **Look UK**

[www.look-uk.org](http://www.look-uk.org) – provides practical help and advice to visually impaired young people, their families and carers.

### **Blind Parents UK**

[www.blindparents.uk](http://www.blindparents.uk) – supports all visually impaired parents, UK-wide through both online forums and one-to-one support.

### **TripleTapTech**

<https://tripletaptech.org> – advice, help, support and training for people with sight loss on using and accessing technology.

### **Henshaws**

[www.henshaws.org.uk/hints-and-tips-category/technology](http://www.henshaws.org.uk/hints-and-tips-category/technology) – a round-up of some of the apps that are currently available.

### **Suppliers**

- [RNIB: https://shop.rnib.org.uk/2023-rnib-everyday-living-solutions-product-catalogue-print-80108](https://shop.rnib.org.uk/2023-rnib-everyday-living-solutions-product-catalogue-print-80108)
- [Vision Aid: https://www.visionaid.co.uk/low-vision](https://www.visionaid.co.uk/low-vision)
- [Associated Optical: www.associatedoptical.com](http://www.associatedoptical.com)
- [Coil: www.coil.co.uk](http://www.coil.co.uk)
- [Sight and Sound: www.sightandsound.co.uk](http://www.sightandsound.co.uk)

### **Further reading (available from the ABDO College Bookshop)**

- [Eye Essentials: Low Vision Assessment by Jane Macnaughton](#)
- [Management and Practice of Low Visual Acuity by AT Dowie](#)