

Vision Tests You Can Do At Home

Vista's Ambassador, Craig Brown (also known as 'The Blind Guitar Guy') is working with the charity to remind people how important it is to look after their eyes. Craig said the following:

"When I was a teenager, I didn't take the best care of my eyes. Reflecting back, I wish I'd taken better care of my eye health but I found it hard to come to terms with. I now want to encourage you to look out for your eye health. Get your eyes regularly tested!"

There are two simple tests you can do at home which might help to indicate your eye health:

Test 1 Visual Field / Peripheral Vision Check

- Hold your arms out to the sides so they are parallel with your shoulders.
- Slowly move them forward until they meet in the middle.
- Can you see your fingers at all times?

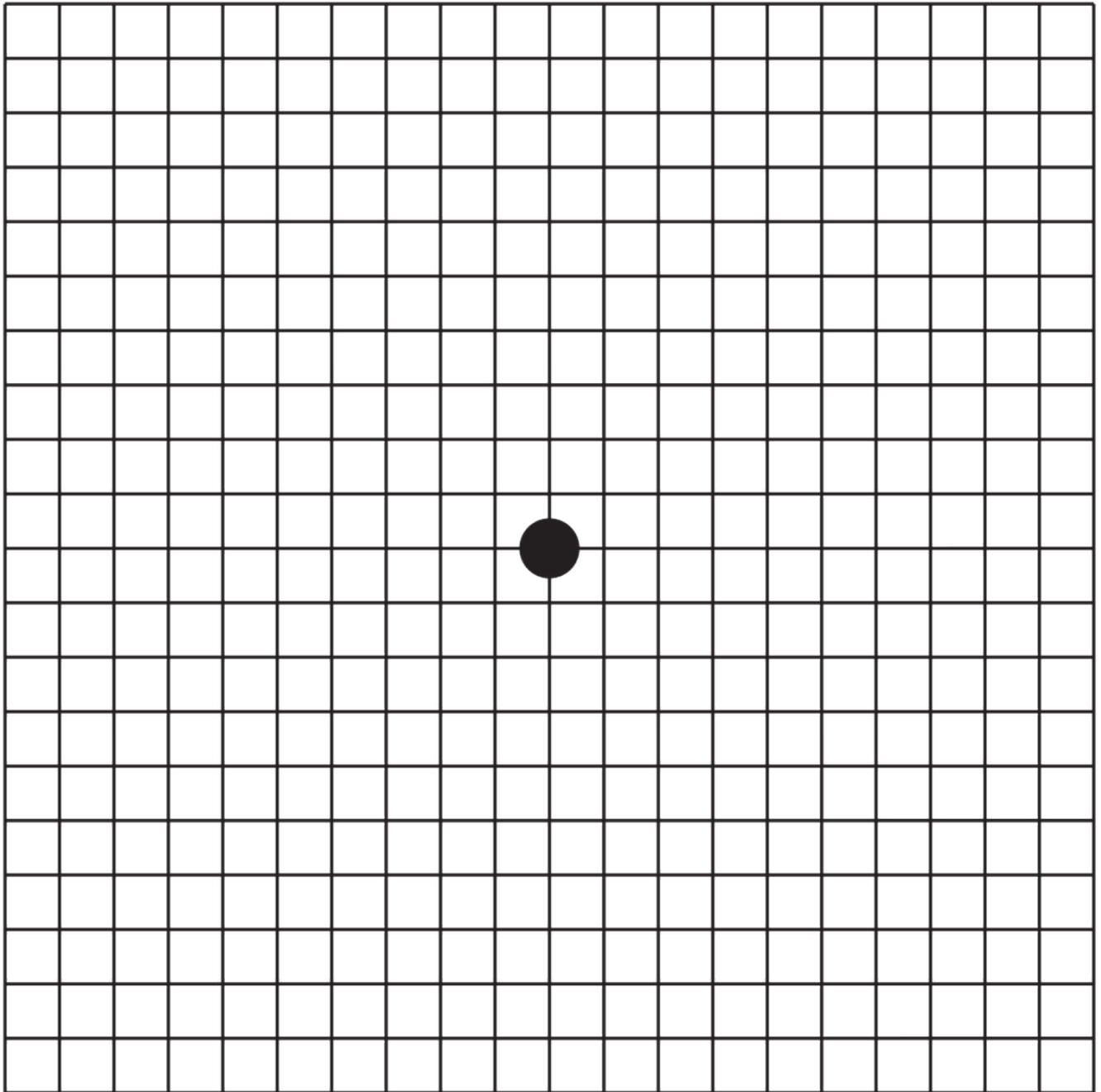
If they are not clear at any point you may need an optician to check your central or peripheral vision.

Test 2 Amslar Grid

- Stare at the grid overleaf
- Are the lines wavy, broken, blurred or missing?

If yes you may need to ask your optician about Age Related Macular Degeneration. If you are ever in doubt about your sight, book an appointment with your GP. Don't wait.

Find the Amslar Grid overleaf...



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