

# Empowering Low-Vision Patients for Improved Quality of Life

Impaired sight that cannot be corrected with standard glasses or contact lenses is referred to as low vision. At New York Eye and Ear Infirmary of Mount Sinai (NYEE), our goal is to empower our patients to maintain their independence and improve their quality of life by safely accomplishing everyday tasks, whether it's household chores, reading, driving, cooking, or playing board games.



## Symptoms and Causes of Low Vision

Low vision compromises peripheral (side) and/or central sight. Symptoms may include difficulty reading, looking at a computer or smart phone screen, watching television, or even recognizing familiar faces. It may be a safety hazard if someone is unable to see and safely navigate walls, furniture, steps, curbs, and uneven surfaces.

Low vision can be caused by various eye diseases or injuries, including:

- Cataracts
- Glaucoma
- Diabetic retinopathy
- Macular degeneration



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If you think you may benefit from low vision services, consult your eye care provider.

To make an appointment or for more information about low vision services at NYEE, please visit:

[www.nyee.edu/care/eye/low-vision](http://www.nyee.edu/care/eye/low-vision)



## **The Right Devices and Training Can Be Life Changing**

NYEE is one of the few eye centers in the tristate area with a dedicated optometrist specializing in low vision in adults and children. During your initial thorough, one-hour appointment, we conduct an assessment to determine the nature of your vision loss, how it may limit your daily life, and what your personal goals are for maintaining an active lifestyle.

Our detailed questionnaire helps us identify what you think are your limitations. Having trouble signing your name? Seeing bus numbers? Reading medication labels? Cooking? Do you miss playing cards with your friends? Once we know where you need assistance, our low vision optometrist can recommend devices to help you carry out your daily routine.



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We prescribe traditional or high-tech devices or recommend smartphone apps that make it easier for you to carry out a wide range of tasks, from safely functioning in the kitchen and getting around outside, to reading, converting text to speech, and identifying money denominations. We may even be able to make recommendations that enable you to drive or travel safely.



We can also refer you for orientation and mobility training. A specialist can pay a home visit to show you how to more safely navigate household tasks or get around outside.



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## **Our Multidisciplinary Team Can Help**

At NYEE, you're never alone. Our multidisciplinary team includes specially trained ophthalmologists, optometrists, social workers, nurses, occupational therapists, and career counselors, or they may connect patients with professionals offering emotional support. We can also refer patients to a wide network of organizations and agencies throughout the tristate area that provide resources to help people make the most of the sight that they have.

Ask about our Compendium of Low Vision Resources for patients and professionals.

*See page 5 for New York Eye and Ear Infirmary of Mount Sinai locations.*



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## **Leannza Tang, OD**

Director, Low Vision Services,  
New York Eye and Ear  
Infirmiry of Mount Sinai

### **Low Vision Services are available at the following locations:**

#### **New York Eye and Ear Infirmiry of Mount Sinai - East 14th Street Ophthalmology**

310 East 14th Street  
3rd Floor South  
New York, NY 10003  
T: 212-979-4500

#### **New York Eye and Ear Infirmiry of Mount Sinai - East 102nd Street**

17 East 102nd Street  
8th Floor West  
New York, NY 10029  
T: 212-241-0939

[www.nyee.edu/care/eye/low-vision](http://www.nyee.edu/care/eye/low-vision)



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