Low Vision Simulations

Choose One (or more!)

The following hyperlinks are good choices for illustration and discussion of what it would be like to have various vision impairments. This activity is intended to give students perspective on the value of their own vision as well as build compassion and understanding for those who have low vision. We have allotted 5 to 10 minutes in the class schedule, easily accomplished with either of the first two choices. For those interested in extension activities, the 3rd and fourth links are included.

1. Vision Simulation Slides (5-10 minutes)
http://www.acbvi.org/albums/Vision/index.html

This website has a series of slides showing various vision challenges. (The slides are all on one page.) -- from the Arizona Center for the Blind and Visually Impaired, Inc.

2. Vision Simulation Video (5 minutes)
http://www.afb.org/Seniorsite.asp?SectionID=63&TopicID=286

This video is not as extensive as the slides at the ACBVI website, but is short and well done. -- from the American Foundation for the Blind

3. Low Vision Simulation (10+ minutes)
http://www.lighthouse.org/medical/

This website has pictures with more extensive accompanying information, covering cataracts, glaucoma, macular degeneration, retinitis pigmentosa, and diabetes-related vision problems. Users must navigate to a different page for each impairment simulation.

4. Make Your Own Vision Impairment Simulators (extension activity)
http://www.sauerburger.org/dona/simulators.htm

Alter cover goggles with paint, glue, etc. (extensive directions by Dona Sauerburger) to make your own wear-able low-vision simulators. This webpage also outlines a way to teach about the experience of low vision by teaching the lesson first with scribbled graphics and illegible handouts, to which the instructor constantly refers, but which the students cannot read.