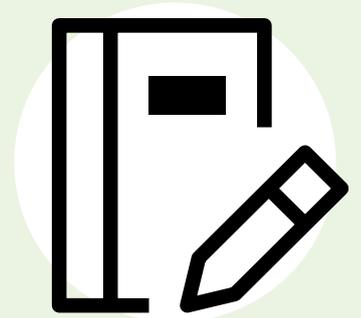


• **henshaws**

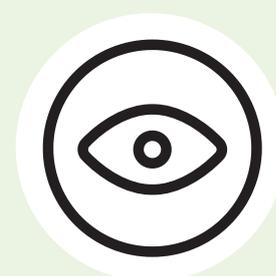
beyond expectations

December 2021



• **glossary of useful terms**

Accommodation	the ability of the lens to focus on objects at different distances, and also to sudden changes of light and dark.
Acuity	the ability to see fine detail from a variety of distances.
Binocular Vision	the ability to see with both eyes at the same time, enabling depth perception.
Braille	a tactile form of reading made up of raised dots on the page.
Colour Blindness	being unable to distinguish between certain colours.
Congenital	a word used to describe any condition present at birth.
Contrast Sensitivity	the ability to distinguish between different shades of grey.
Field of Vision	the area that can be seen without shifting your gaze.
Floaters	small particles (cells) moving about in the fluid of the eye.
Focal Point	the point of the retina where light rays meet; this gives our most detailed vision.
Functional Vision	being able to use eyesight in everyday conditions.



Habilitation	independence and mobility skills.
In Focus	an object is in focus when it is seen most clearly.
-itis	a word ending meaning inflammation.
Light Adaption	the ability of the eye to allow more or less light to enter.
Low Vision Aids (LVA's)	aids to make the best use of remaining vision, such as magnifiers, glasses etc.
Low Vision Techniques	methods and devices to develop the best use of remaining vision.
Mobility	training to help with orientation skills and independent movement, including use of a cane.
Moon	a form of reading by touch which looks more like print letters than braille. It uses curves and straight lines.
Occlusion (Patching)	one eye is covered to help develop the sight in the other eye.
Partially Sighted	limited sight which cannot be corrected by glasses or vision aids.
Pigmentation	the colour throughout something.
Tunnel Vision	seeing only part of the image, like looking through straws.
Visual Fatigue	extreme tiredness caused by using even a small amount of vision.
Visual Perception	the ability to give meaning and understanding to what has been seen (not just looking).