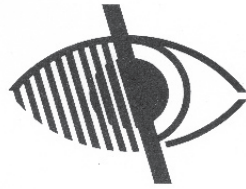


The Partially Sighted Society



Information Sheet

USING A MONOCULAR

INFORMATION AND TRAINING INSTRUCTIONS

1. USES: Blackboard, timetables, buses, trains, street signs etc.

An 8x20 Monocular makes objects 8 times bigger and has a range from 25 cms to infinity.

2. HOW TO HOLD.

- Lay monocular in the palm of your hand with rubber ended eye piece facing away from you.**
- Grip with 3rd & 4th fingers.**
- Hold with thumb & index finger to enable focusing.**
- The middle finger should be free to feel the track width & rest on it.**

When comfortable, hold up to your better eye by turning your wrist & adjust as necessary.

3. PRACTICE FOCUSING.

- To start with, practice focusing when sitting watching TV. The Monocular will be stiff to start with and needs to be loosened up, this happens with use.**

- **Practice focusing, feeling the track with the middle finger.**
- **When closed, it is focused for infinity or distance.**
- **When open, it is focused for near.**
- **When closed with the additional micro attachment, used flat on the page, it makes a 30x microscope.**
- **The width of the track relates to the viewing distance. After a while, practice using tactile adjustment, eg, in your pocket, so you know the required width of track for a certain distance.**

4. TRACKING & DISTANCE PRACTICE.

- **Start at home - locate a picture or a clock on the wall. Focus, take 2-3 steps forward, then backwards and adjust the distance.**
- **Get used to feeling the width of the track for different distances.**
- **Practice locating objects by tracking up a vertical, eg, the side of the door and along a horizontal, eg, mantelpiece, to find what you wish to focus on, or down & to the left etc.**
- **Practice focusing to get the feel of different focal distances.**

5. TO FIND STREET SIGNS.

- **Have a method. Don't haphazardly try to find the sign or you won't be able to. You need to be systematic and track across and down or up and across, finding horizontals and verticals to fix on.**
- **Use this to locate street signs, notices, names on buildings, etc.**

6. BUSES.

- **For moving objects, eg, buses, focus on something static near the road at an appropriate level.**
- **Then with the Monocular in focus, track across the street.**

- **When the bus comes, let it come into focus to you. As it hits focus, give the Monocular a fractional turn to keep it in focus as it comes towards you.**

USING THE MONOCULAR TAKES A LOT OF PRACTICE, BUT IT CAN BECOME AN INVALUABLE AID IN INCREASING INDEPENDENCE.