

Tips for Talking with Your Eye Care Provider

Adapted from:

[National Eye Institute, Talking with Your Eye Doctor](#)

It is important to be well prepared for your visit to an eye care provider. This way you will make the most out of your visit and ensure you get the best care.

When selecting an eye care provider:

Ask if they have experience working with individuals with combined hearing and vision loss? If not, ask if they know someone they could recommend?

Inform your eye care provider about your combined hearing and vision loss:

Your hearing loss may impact the recommendations the eye care provider makes.

Provide information about your current status of hearing and prognosis.

Plan ahead to make the most of your appointments:

Working together is all about good communication. There's nothing wrong with asking lots of questions! Remember, it's your doctor's job to answer them.

But since it's easy to forget what you wanted to ask during an appointment, plan ahead and write down your questions before you meet.

Ask questions and keep asking until you understand:

Your doctor needs to listen carefully to your questions and concerns, and you need to make sure you understand exactly what your doctor tells you about your eye health, your treatment plan, and what you need to do next.

Take a look at these questions you may want to ask.

Questions about your condition:

- What visual condition do I have?
- What causes this condition?
- Am I legally blind?
- What are my acuities (right and left eye)
- Do I have visual field loss? If so, what is my visual field (right and left)?
- Is my vision loss progressive? If yes, what can I expect?
- What can I do to protect my remaining vision?
- Do I need to make any changes to my everyday life?
- Are there any symptoms I need to watch for? What do I need to do if I notice those symptoms?
- Can you give me some information about my condition to take home with me?

Questions about tests:

- Do I need any tests?
- What do you want to find out from the test?
- When will I get my test results?

- Does the test have any risks or side effects?
- Will I need more tests later?

Questions about treatments:

- What treatment do you recommend for me and why?
- When will I start treatment and how long will it last?
- What do I need to know about the medicine you're prescribing? Are there any side effects?
- What are the risks and benefits of this treatment?
- Are there other treatment options?

Could I benefit from:

- A low vision exam?
- A CCTV or portable video magnifiers?
- Screen magnification and enhancement devices/software?
- Screen reader software?
- Sunglasses (inside/outside)
- Telescopes
- Orientation and mobility services?
- Modifications with lighting and contrast in my home or workplace?
- Object and text recognition apps or devices?
- Are there devices or apps that can provide access to visual information via speech output or braille output? (i.e., Seeing AI, OrCam, or Iris vision).
- Where can I learn more about technology that may assist me with accessing visual information?

What type of accommodations would be best for me?

- What font size and type is best for my vision?
- What color background and text is best for my vision?
- How close do I need to sit to a screen to read TV captions or computer?

Keep track of what you learned during your appointment

To help you remember everything your doctor tells you:

Take notes during your appointment:

You can write down your notes or record your conversation with your cell phone so you can listen to it later.

Ask a friend or family member to come with you to the appointment.

They can take notes, help you ask questions, or just be there to listen and support you.

Ask your doctor to write down the main points from the visit.

They may also be able to print instructions or other important information for you.

Additional Resources:

[5 Ways to Make the Most of Your Doctor Visit Video](#)

5 WAYS to Make the Most
of Your DOCTOR VISIT
