

eSkills Proficiency Program

Learning to adjust your eSight 3 for distance, writing and mobility



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NOTE: Consult Module 8 if you have an eye disease that affects your central vision. You may benefit from using eccentric viewing.

Welcome to eSight and the eSkills Proficiency Program

Congratulations on your new eSight!

When you receive your eSight, you are automatically "enrolled" in the eSkills Proficiency Program. This program helps you to realize new mobility, independence, and enjoyment in life by teaching you how to use eSight proficiently to accomplish activities of daily living.

The eSkills Proficiency Program consists of an eSight Coach, this training manual, and a self-appointed personal coach for athome support.

An eSight Coach is an experienced, low vision eSight user. Your eSight Coach is available to you throughout your journey with eSight to support you, customize your training, and answer any questions.

This manual was created for you in collaboration with other low vision eSight users to teach you how to use your eSight with confidence.

The learning modules in this manual set a steady, realistic pace for acquiring skills for every day living using eSight, such as reading, writing, and shopping. You may originally wish to only use the skill sets for a single proficiency, such as reading; however, we recommend that you attain all the proficiencies over time to get the most benefit from your eSight.

You and your eSight Coach can work through this manual at your pace and according to your interests.

Getting Comfortable With eSight

Wearing eSight is like beginning any exercise program, take it slowly to gradually build your skill and tolerance. It's not uncommon to feel a little uncomfortable at first. Take breaks if you find you are fatigued or experiencing discomfort. It gets easier with time and practice!

In the words of an eSight Coach, being successful with eSight requires the three P's: Perseverance, Patience and Practice!

Let's begin!

Module 1 About eSight

What Do | Need?

- eSight
- Belt clip

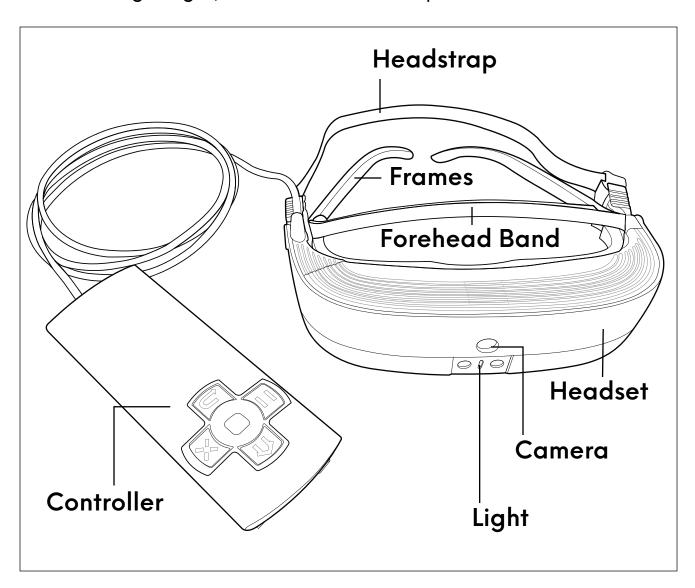
What Will I Learn?

- Identify parts of eSight
- Wear eSight comfortably
- Place eSight in the correct position for different activities
- · Identify the name and purpose of the eSight controls
- Use the eSight Menu to access eSight features

Lesson 1-1: Getting Started with eSight

About eSight

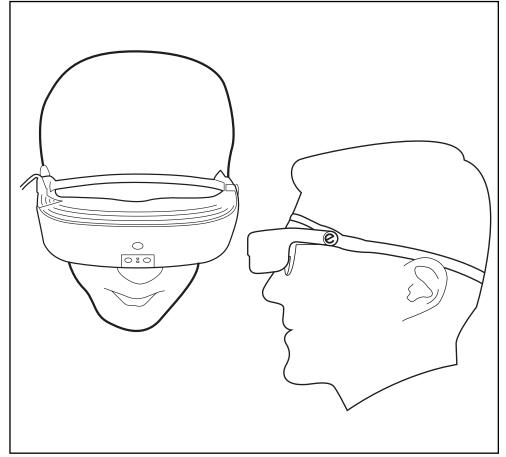
Before using eSight, let's learn the main parts.



Wearing eSight

For a comfortable fit, make sure

 The frames are positioned on your face like a regular pair of glasses.



- The forehead band fits snugly against your forehead.
- The headstrap fits snugly around your head.
- The headset and frames feel weightless on the bridge of your nose.
- The headset and frames do not move when you shake your head.

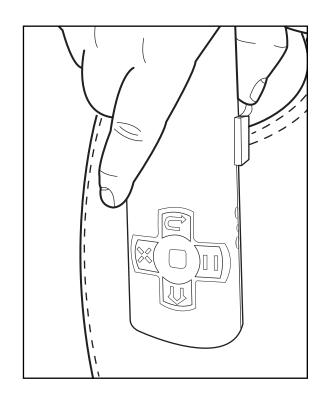


Find out more about adjusting the fit in the eSight 3 User Manual.

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Securing the eSight Controller

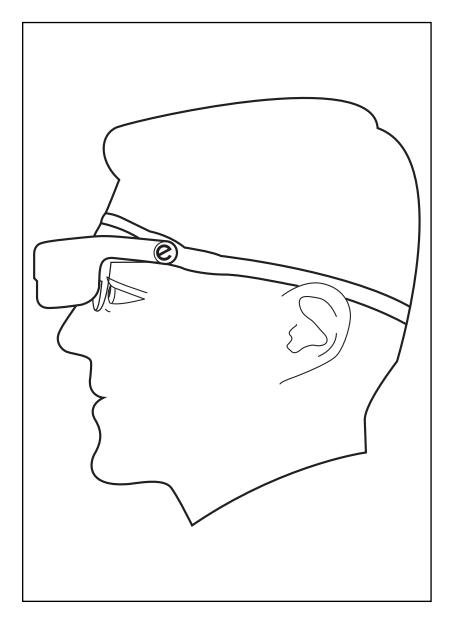
eSight is designed to be a mobile device. During activities, secure the controller to your belt using the cradle and belt clip, wrist strap, or neck lanyard, or put the controller in a pocket or purse.



Positioning the Headset

The eSight headset can be worn

in a wide range of positions. For training and practice, there are three specific positions: Lower bioptic, upper bioptic, and fully up.

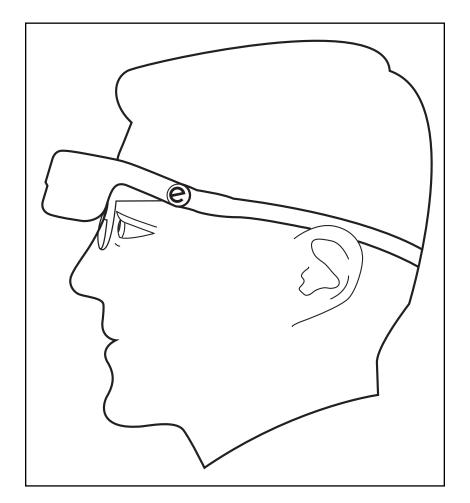


Lower Bioptic Position

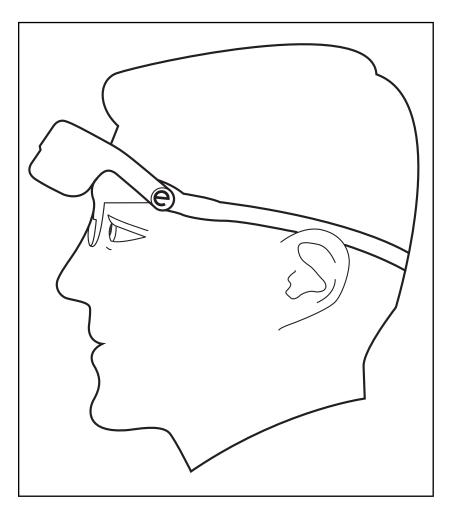
- Place the headset fully down, allowing you to use peripheral vision and look directly at the displays in the eSight headset.
- Best suited for activities where you plan to rely mostly on the image on the displays.
- Use for stationary activities, such as reading, writing and watching TV.
- 😵 Do not use for walking or other mobile activities.

Upper Bioptic Position

- Place the headset partially upright, allowing you to mainly use your peripheral vision.
- For greater
 detail, glance up
 at the displays in
 the eSight
 headset.



- Experiment with the degree of tilt to find the position that works best for you.
- Use for activities where you use both the frames and the displays, such as walking or working with screens.



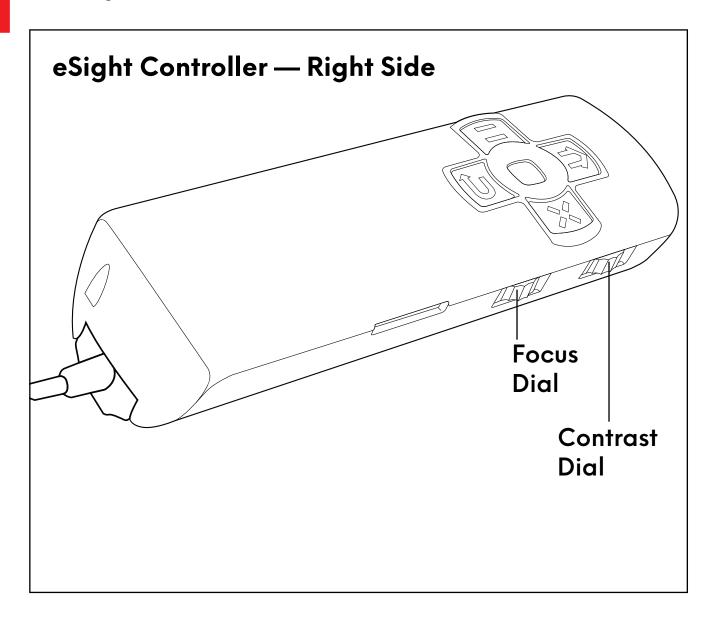
Fully Up Position

- Raise the headset into the fully up position.
- The displays in the headset are not visible. You can view through the frames only.

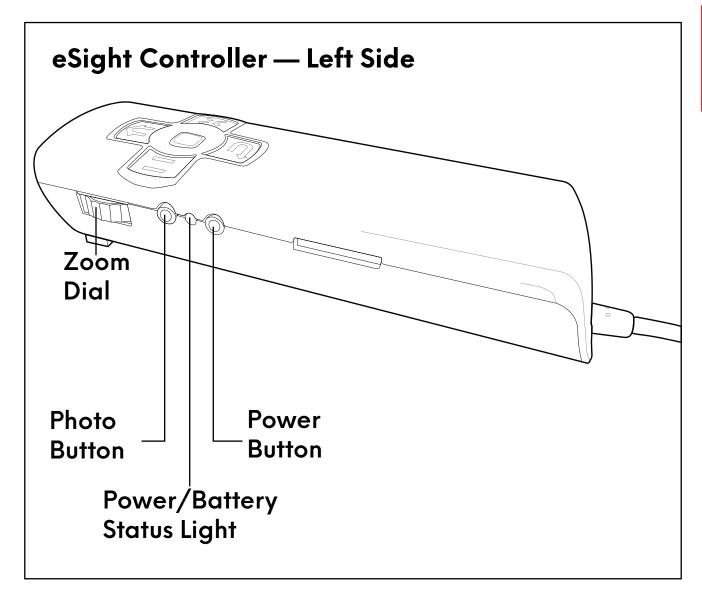
Use for social or mobile activities, such as having dinner or walking through a shopping mall.

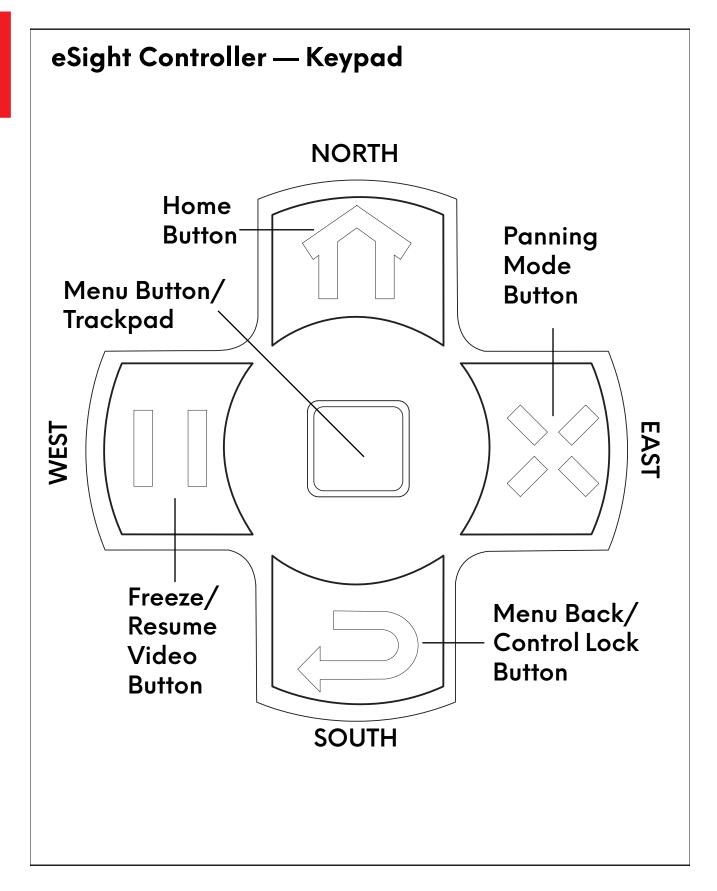
Lesson 1-2: Learning the Controls

The eSight controller has several buttons and dials.



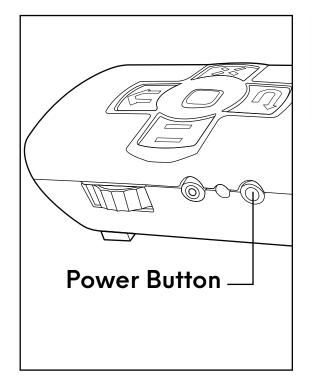






Power Button

- Bottom button on the left side of the controller.
- Turns eSight on or off.
- Puts eSight into Standby or resumes from Standby.
- After one minute of inactivity, eSight automatically goes into Standby to save power.





You can use the keypad to turn eSight on or off.

Push the **North** and **South** buttons simultaneously.



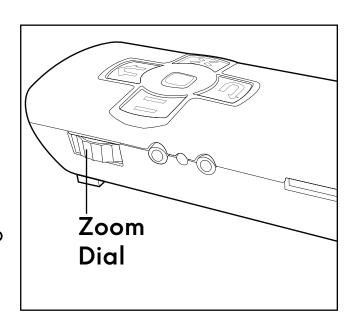


- Push and hold the **Power Button** to turn on eSight.
- 2. When eSight is on and you want to take a break from using it, put eSight into Standby. Push and hold the **Power Button** to open the Power Options menu, and then push the **Power Button** again to select **STANDBY** from the menu.

- 3. To resume using eSight when it is in Standby, push and hold the **Power Button**.
- 4. When eSight is on and you are done using it for the day, push and hold the **Power Button** to open the Power Options menu. Slide your finger on the trackpad to highlight **SHUTDOWN**, and then push the trackpad to turn off eSight.

Zoom Dial

- Top dial on the left side of the controller.
- Controls the amount of magnification. Rotate the dial upward or downward to make things look bigger or smaller.



 When viewing magnified live or paused video or pictures, push and hold the dial to temporarily view the image without any magnification, or "Spot Zoom". Release the dial to go back to the previous level of magnification.

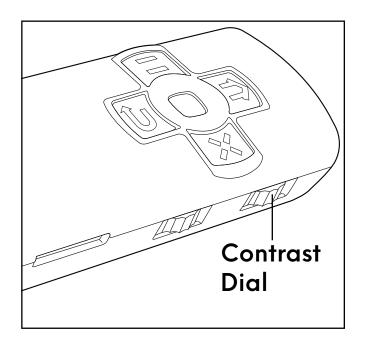


Spot Zoom is useful for finding objects or for reorienting yourself while keeping the magnification setting.

- 1. Focus on an object about 1.8 meters (6 feet) away.
- 2. Rotate the **Zoom Dial** upward or downward to make the object larger or smaller.
- 3. Look at the object with a mid-amount of magnification.
- 4. Push and hold down the **Zoom Dial** to temporarily remove all magnification.
- 5. Release the **Zoom Dial** to return to the mid-amount of magnification.

Contrast Dial

- Top dial on the right side of the controller.
- Controls the level of contrast.
- Rotate the dial upward or downward to increase or decrease the contrast.



- Push the dial for the next contrast mode:
 - Black on White
 - White on Black
 - Black on Yellow
 - Blue on White
 - Blue on Yellow
 - Yellow on Blue
 - Grayscale
 - Normal (Full Color)

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Try It Out

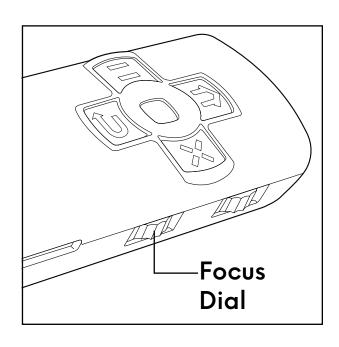
- Find something to look at, and rotate the Contrast Dial upward to increase the contrast.
- 2. Rotate the **Contrast Dial** downward to decrease the contrast.

Notice how the degree of difference between the light and dark parts of the picture becomes more prominent or more muted as you increase or decrease the contrast.

- 3. Look at a piece of paper with writing on it.
- 4. Push the Contrast Dial to move to the next contrast mode.
- Repeat until you reach the contrast mode you prefer for reading or return to full color.

Focus Dial

- Bottom dial on the right side of the controller.
- When you first turn on eSight, it is in Auto Focus mode, meaning eSight adjusts the focus automatically as you look around.



- Even in Auto Focus mode, you can fine-tune the focus by rotating the Focus Dial upward or downward.
- Push the Focus Dial to select a Focus mode:
 - Near Manual Focus Push the dial once for this mode
 (AE).
 - Far Manual Focus Push the dial a second time for this mode ().
 - Auto Focus Push the dial a third time to return to this mode (AF).
- In Near Manual or Far Manual Focus, rotate the Focus Dial upward or downward to bring the object into focus.

- Look around the room.
 - Notice how the camera adjusts the focus as you view near or far objects.
- 2. Find an object about 40 centimeters (16 inches) from you, and then let the camera focus on it.



When looking through eSight, objects may be out of focus or there may be lag if you turn your head quickly. This is because you are viewing live video.

Be patient and allow eSight to adjust to the different light conditions and viewing distances.

- 3. Push the **Focus Dial** once to switch to Near Manual Focus ().
- Move your head slightly away from the object.
 Notice how the image becomes blurred.
- 5. Rotate the **Focus Dial** upward or downward until the image is sharp.
- Look at an object across the room, and then push the Focus
 Dial a second time to switch to the Far Manual Focus ().
- 7. Rotate the **Focus Dial** upward or downward to bring the image into focus.

8. Push the **Focus Dial** a third time to switch back to Auto Focus (AF).

Helpful Hint — Focus Modes

Auto Focus — Best suited for looking at objects that are at different distances away from you.

Manual Focus — Great for close-up activities like reading, writing, crafts, or using your phone.

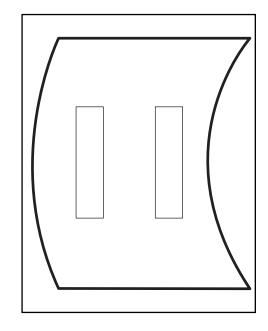
Far Focus — Useful for viewing objects more than 1.8 meters (6 feet) away from you, watching TV, looking at objects in a glass case, looking out a window, or attending a movie or concert.

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Freeze/Resume Video Button

- West Button on the keypad.
- Push to pause live video from the camera.

For more detail, zoom in and then pan around the frozen image by moving your head. Later, you will learn how to pan using the trackpad.



Push again to resume live video from the camera.

Try It Out

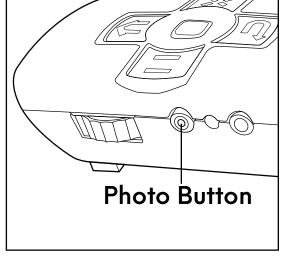
- Focus on an object, and then push the West Button to freeze the image.
- 2. Rotate the **Zoom Dial** upward to magnify the frozen image.

The Pan icon \Leftrightarrow appears in the display to indicate that you can pan around the frozen image.

- 3. Move your head to pan around the image.
- 4. Push the same button again to resume live video.

Photo Button

- Top button on the left side of the controller.
- Push to take a photo of either live video — this will not interrupt the video — or a still image.



Photos are saved as a 2592 x

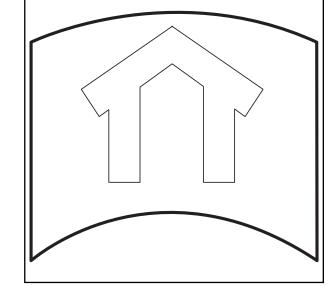
1944 pixels JPEG on the SD card. You can modify the size at which photos are saved using **SETUP** > **PREFERENCES** > **PICTURES**.

- Focus on an object, and then push the **Photo Button** to take a
 photo of the live video.
- 2. Push the **West Button**, and then push the **Photo Button** to take a photo of a still image.
- 3. Push the **West Button** again to resume live video.

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Home Button

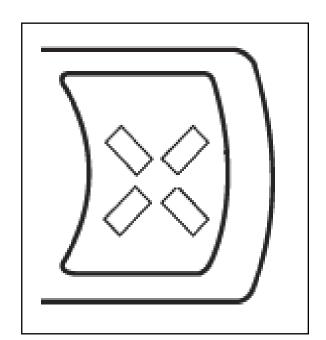
- North Button on the keypad.
- Resets eSight to 1x Zoom, auto focus, auto exposure, default contrast, and full color, live video.



- Focus on an object across the room.
- 2. Adjust the zoom and contrast.
- 3. Push the **West Button** to freeze the video.
- 4. Push the **North Button** to reset eSight to the startup viewing settings.

Panning Mode Button

- East Button on the keypad.
- When viewing magnified external video, paused video, or pictures, push this button to go to the next Panning mode:
 - Trackpad Panning On
 - Panning Off
 - Head Motion Panning On (Normal)



- 1. Find an object about 40 centimeters (16 inches) from you.
- Rotate the **Zoom Dial** upward until you have a mid-amount of zoom.
- 3. Push the **West Button** to freeze the image.
- 4. Rotate the **Zoom Dial** upward to magnify the frozen image.
- 5. Move your head to pan around the image.
- 6. Push the **East Button** to switch to Trackpad Panning.

- Slide your finger on trackpad to pan around the frozen image.
- 8. Push the same button again to turn off panning, and then slide your finger on the trackpad.
 - Notice that you can no longer pan around the image.
- 9. Push the same button a third time to return to Head Motion Panning. Again, move your head to pan around the image.
- 10. Push the **West Button** to resume live video.

Practice Makes Perfect!

Practice switching modes and using the controls without looking at the eSight controller. Soon you will be comfortable using the controls without looking at them.

Lesson 1-3: Using the eSight Menu

From the eSight Menu, you can access additional eSight features.

Accessing and Navigating the eSight Menu

When you first receive your eSight, the trackpad is locked, so you do not accidentally open the menu. To access the eSight Menu, unlock the trackpad first and then open the menu.

- Push and hold the trackpad for approximately 5 seconds to unlock it.
 - When you push and hold the trackpad, eSight displays the message **Trackpad Locked**. Keep holding down the trackpad until **Trackpad Unlocked** appears.
- 2. After it is unlocked, push the trackpad again to open the eSight Menu.
- 3. When you have the eSight Menu open, slide your finger down or up the trackpad to navigate the menu list.
- 4. Try turning on the headset light. Highlight **LIGHT** in the list, and then push the trackpad.
- 5. Highlight **ON** in the list, and then push the trackpad to turn on the light.

- 6. Turn off the light by highlighting and selecting OFF.
- When you want to go back one level in the menu, push the
 South Button once.
- 8. To exit the eSight Menu, push the **South Button** until you no longer see the eSight Menu.



While in the menu, press the North Button



to go back to the root of the Main Menu.

Adjusting the Brightness

Use **DISPLAY** > **BRIGHTNESS** to fine tune the brightness of the video.

- Open the eSight Menu.
- 2. Highlight the **DISPLAY** menu, and then push the trackpad.
- Push the trackpad to select BRIGHTNESS.
- 4. Slide your finger up or down on the trackpad to find the best level of brightness.
- 5. Exit the eSight Menu.

Adjusting the Luminance of Your Displays

Use **DISPLAY** > **LUMINANCE** to change the light intensity of the displays in your headset (**AUTO**, **HIGH**, and **LOW**).

In most cases, when you are indoors or outside, the AUTO setting allows eSight to automatically adjust the light intensity of the displays and conserve battery power. However, on a sunny day, you may want to make the displays brighter by using the HIGH setting to prevent the video from appearing washed out.

Try the different luminance settings. You may find that the HIGH or LOW setting helps you see better under all conditions.

- Open the eSight Menu.
- 2. Highlight the DISPLAY menu, and then push the trackpad.
- 3. Highlight the LUMINANCE menu, and then push the trackpad.
- Highlight your preferred level of display luminance (AUTO, HIGH, or LOW), and then push the trackpad.
- 5. Exit the eSight Menu.

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Managing Exposure

Exposure controls the amount of light allowed into a camera, affecting the lightness or darkness of the image.

Too much exposure (too much light into the camera) causes a washed-out image (overexposed) and too little exposure (not enough light into the camera) causes a dark image (underexposed).

Normally, eSight adjusts the exposure automatically. However, you may find times when you want to adjust the exposure, depending on your environment and preferences. Below, you'll learn about two exposure settings: Exposure Threshold and Manual Exposure. Experiment with both.

Adjusting the Exposure Threshold Level

In AUTO exposure mode, eSight uses the Exposure Threshold setting as its reference definition for a properly exposed image. As lighting conditions change, eSight automatically adjusts the exposure to maintain a properly exposed image.

If you find that the camera definition of properly exposed needs to change to allow you to see better (you would like the image to be lighter or darker), use **CAMERA** > **EXPOSURE** > **THRESHOLD** > **ADJUST** to change the Exposure Threshold setting. Once set,

eSight continues to adjust the exposure relative to your definition of properly exposed when in AUTO exposure mode.

Try It Out

- Open the eSight Menu.
- Highlight the CAMERA menu, and then push the trackpad.
- 3. Push the trackpad to select the EXPOSURE menu.
- 4. Highlight the THRESHOLD menu, and then push the trackpad.
- 5. Push the trackpad to select the **ADJUST** menu.
- 6. Slide your finger up or down on the trackpad to brighten or darken the overall video until it appears to be properly exposed, that is, light or dark enough for you.
- 7. Test out the new threshold level. Look at areas with different levels of light.

Now that eSight automatically adjusts the exposure relative to your definition of properly exposed, do you see better?



At any time, you can restore the exposure threshold back to normal. Go to CAMERA > EXPOSURE > THRESHOLD > SYSTEM DEFAULTS.

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8. Exit the eSight menu.

Adjusting and Locking the Camera Exposure Manually

In a situation where the lighting is constantly changing, such as a concert, eSight may not be able to adjust the exposure fast enough to provide a properly exposed image — even if you adjusted the Exposure Threshold. In this case, use **CAMERA** > **EXPOSURE** > **MANUAL** to manually adjust and lock the exposure to best setting for the lighting.

Try It Out

- 1. Open the eSight Menu.
- 2. Highlight the CAMERA menu, and then push the trackpad.
- 3. Push the trackpad to select the **EXPOSURE** menu.
- 4. Highlight MANUAL, and then push the trackpad.
- 5. Look at an area with a low level of light, like under a desk.
- 6. Slide your finger up on the trackpad to increase the exposure.

The eSight camera is now locked for viewing in low light.

Now, look above the desk to an area with a lot of light.

Notice how washed out the image looks. eSight cannot adjust automatically to changing light conditions when in Manual mode.

After you leave the lighting condition for which you set manual exposure, set the exposure back to AUTO.



Press the **North Button** to set the exposure back to **AUTO**.

8. Exit the eSight Menu.

Helpful Hint — Navigate the Menu Using the Dials

- Zoom Dial Use to increase or decrease the font size of the menu.
- Contrast Dial Use to move up or down in the menu or on the WIFI password keyboard. Push to make a menu selection.
- Focus Dial Use to scroll long menu names or WIFI
 passwords, navigate left-right on the WIFI password
 keyboard, or scroll through pictures stored on the SD
 card.

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Adjusting the Display

Use **DISPLAY** > **SELECT OLED** to view the video on the right, left, or both displays.

If you experience double vision when learning to read with eSight, turning off one display may correct the problem.

Try It Out

- 1. Open the eSight Menu.
- 2. Highlight the DISPLAY menu, and then push the trackpad.
- Highlight the SELECT OLED menu, and then push the trackpad.
- 4. Highlight the display that you want to turn on in the headset (**BOTH**, **LEFT**, or **RIGHT**), and then push the trackpad.
- 5. Exit the eSight Menu.

Notes:

Module 2 Seeing Things in the Distance

What Will I Learn?

- Switch to the Far Manual Focus and fine tune image clarity
- Orient myself in various settings
- See faces, expressions, and movement
- View objects in large venues

Lesson 2-1: Reading From Far Away

In this lesson, you will learn to use eSight to read text that is approximately 3 meters (10 feet) away from you using Far Manual Focus.

In most distance viewing situations, Auto Focus works well; however, there are times when Far Manual Focus is preferable, because it prevents unwanted refocusing should something come between you and the distant object you're viewing. Let's try it out!

What Do I Need?

- eSight
- Reading stand
- Pages A1-A6 from the Appendix

Try It Out

- Using Page A1, seat yourself approximately 3 meters (10 feet) away from the reading stand.
- Glance through your frames to orient yourself.
- 3. Tilt your headset to your preferred position, and look into eSight at the page.
- Rotate the **Zoom Dial** upward to increase the magnification until you can read the numbers comfortably.
- 5. Push the Focus Dial twice to switch to Far Manual Focus.
- Progress through the pages, and increase the magnification only as needed to see the numbers comfortably.
- 7. If needed, rotate the **Focus Dial** upward or downward to fine tune the clarity of the image.

Notice as you progress through the charts, the numbers get lighter in appearance.

- 8. Rotate the Contrast Dial upward to increase the contrast.
- 9. If eSight is picking up too much head movement, push theWest Button for a still image.
- 10. Practice this procedure until you are comfortable, and then proceed to the next lesson.

Lesson 2-2: Orienting Yourself and Looking at People

In this lesson, you will line up the object of focus through the frames, and then view it through the headset.

What Do I Need?

eSight

Try It Out

- With eSight in the upper bioptic position, look through the frames to identify an object in a familiar environment about 3 to 4.5 meters (10 to 15 feet) away.
- 2. Line up the object directly in your field of view, and then tilt your headset to your preferred position.
- 3. Rotate the **Zoom Dial** upward to increase the magnification.



At first, try to do this without fully magnifying the image. This is an important step on the path to learning to orient yourself.

4. Look through the frames to locate the object of your focus.

- 5. Increase the magnification a bit more.
- 6. Again, look through the frames, and then look through the headset.

Can you maintain your focus at a higher magnification?

7. Push the **North Button 1** to reset eSight to the default settings.

Seeing Faces, Expressions, and Movement

Let's practice seeing faces, expressions, and movement. This skill enhances your enjoyment at live events.

Try It Out

 From approximately 3 to 4.5 meters (10 to 15 feet), identify your coach's face.



Viewing moving objects? Set the focus to Auto Focus, so eSight focuses for you.

Viewing stationary objects? Set the focus to Far Manual Focus to allow for fine-tuning.

2. Rotate the **Zoom Dial** upward until you can see the details of your coach's face.

3. Slowly rotate the **Contrast Dial** upward and downward, and notice how it affects the image.



Higher contrast usually accentuates the features of the face. It also makes the image look less vibrant in color and more like a high contrast black and white picture. This works well for viewing detailed features, like a face or a picture.

4. Ask your coach to talk and move their head from side to side, so you can follow their expressions and movement.

Lesson 2-3: Using the Spot Zoom

Use the Spot Zoom feature to orient yourself when you lose your object of focus or you need to change your view quickly from a higher magnification setting back to no magnification.

For example, you can scan between two different actors in a play or quickly adjust your view when a third actor enters the stage using Spot Zoom. Push and hold the Zoom Dial to temporarily view the scene without magnification, center your gaze on the actor, and then release the dial to go back to the preset magnification level.

What Do I Need?

eSight

Try It Out

- Look at an object approximately 3 to 4.5 meters (10 to 15 feet) away from you.
- 2. Use your preferred settings to achieve image clarity.
- 3. Push and hold down the **Zoom Dial** to temporarily increase the field of view.

- 4. Release the **Zoom Dial** to return to the previous magnification setting.
- Use Spot Zoom to locate a different object.
- 6. Release the **Zoom Dial**, and make any adjustments in settings that you may need to see the new object clearly.



Practice Makes Perfect!

Practice using Spot Zoom until you become comfortable with this technique.

Remember to use different focus, magnification, contrast, and brightness settings to maximize image clarity.

Lesson 2-4: Viewing Objects in Public Places

For this exercise, go to a public place with lots of people, like a shopping mall, grocery store, church, or sporting event, to practice viewing objects at a distance. Have fun with it!

What Do I Need?

• A large public place with lots of people.

Helpful Hint — Outside Distance Viewing

Consider these tips for successful outdoor viewing:

- In bright sunlight, wear a hat that shades your eSight.
- Avoid looking near the sun to minimize unexpected washout or darkening of the image.
- Set DISPLAY > LUMINANCE to HIGH on bright sunny days, if needed.

Try It Out

Choose your activity.

For example, attend a lecture that has both a presenter and a slide presentation.

- 2. For greater clarity when viewing over a large distance, push the **Focus Dial** twice for Far Manual Focus.
- Using the techniques you have learned, identify the object of interest through your frames, and then view it through your headset.



Sometimes, you may not be able to locate the object, such as a speaker, without using eSight. In such cases, look through the headset and increase the magnification to find the speaker.

 Adjust the magnification, focus, and contrast until the detail is as clear as possible.



Remember, you can freeze an image (such as a slide in a presentation) and magnify and pan the image. See "Freeze/Resume Video Button" on page 1-19.

- 5. Use Spot Zoom to reorient yourself or switch between the speaker and the slides.
- 6. Switch to a different public place, and practice all the techniques you have learned.

Try viewing different objects, signs, and activities. Experiment with the controls!

Notes:

Module 3 Mobility with eSight

What Will I Learn?

Use the headset in the upper bioptic position for mobile situations

What Do I Need?

 eSight with the belt clip, wrist strap, or neck lanyard, or a pocket or purse

Lesson 3-1: Walking While Wearing eSight

This lesson provides general guidelines for moving around while wearing eSight. Use caution and take appropriate safety measures as you proceed.

The following mobility techniques apply whether you are indoors or outside. Always use the upper bioptic position for walking. See "Positioning the Headset" on page 1-4.



At first, practice in familiar locations. When you are comfortable, move carefully to unfamiliar locations.

Try It Out

- Secure your eSight controller to your belt or carry it in a pocket or purse so your hands are free.
- 2. Use the frames to look around. Be aware of any uneven surfaces or trip hazards in the area.
- 3. With your head held high, walk carefully using the frames. Glance up into the displays for more detail, keeping in mind that your depth perception may be altered.
 - If you prefer a larger field of view, push the headset all the way up to use the frames only.

Planning to use eSight in unfamiliar places?



You may find it beneficial to take some training in orientation and mobility techniques from a specialist in low vision. This can enhance your ease of mobility with eSight.

Module 4 Reading with eSight

What Will I Learn?

- Adjust the magnification, contrast, and contrast mode for optimal reading
- Adjust the focus to fine-tune the image clarity of the reading material
- Freeze an image to improve image stability at higher magnifications
- Find the optimal reading distance when using a stand or holding reading material



For best results, practice reading for 20 minutes several times a day, every day. With time, reading with eSight will feel natural.

Lesson 4-1: The Fundamentals

In this lesson, you will learn to

- Line up reading material in the headset
- Adjust the magnification, contrast, and focus
- Read using still images

What Do I Need?

- eSight
- Page A6 from the Appendix

NOTE: Page A6 has a large font. This page is a recommended starting point. Feel free to choose another page with a different font size.

- Reading stand
- Household objects with pictures or labels on them

Lining Up the Reading Material

To orient yourself correctly, practice lining up your reading material by looking first through your frames and then into the headset.

Try It Out

- Place Page A6 on a reading stand approximately 45-60 centimeters (18-24 inches) away from you.
- 2. Tilt the headset up, and glance through the frames only to orient yourself.
- 3. Tilt the headset to your preferred position for reading, and look through the headset at the page.

Practice Makes Perfect!

Practice this lesson several times. This skill is invaluable. It helps you to orient yourself correctly, so you can easily find the objects you want to view.

Adjusting the Magnification, Contrast, and Focus

Magnification, contrast, and focus can help you read more easily with eSight.

Try It Out

- With the headset in your preferred position, look into the headset at Page A6.
- 2. Slowly rotate the **Zoom Dial** upward to increase the magnification until you can see the top line.



Use the lowest level of magnification you can, while still seeing comfortably. This allows you to see more at one time.

- 3. Continue to the second line.
- Slowly rotate the Contrast Dial upward to increase the contrast until you find your preferred level of contrast to enhance the image.
- 5. Progress down the page.
- 6. Push the Focus Dial once to switch to the Near Manual Focus.

The Near Manual Focus icon appears . Near Manual Focus prevents unexpected refocusing of the camera that

may occur near the edge of a page or when your hand is in the field of view.

- 7. As you did in Lesson 1-2, move your reading material closer or further away from you, and notice how the image becomes blurry.
- 8. Using the technique you learned previously, rotate the **Focus Dial** to bring the image into clear focus again.
- 9. Push the Focus Dial twice to return to Auto Focus.

Practice Makes Perfect!

As you progress down Page A6, the numbers get lighter. Practice adjusting the magnification and contrast, so you can read comfortably. Practice adjusting the focus by switching from Auto Focus to Near Manual Focus and fine tuning the focus.

Reading Using Still Images

Using a still image can make reading easier at a higher magnification. As magnification increases, the slightest head movement is exaggerated and images appear to bounce (normal behavior in magnified viewing).

Steady your head by supporting it with your hand or use the Freeze Image feature.



Point your nose to the text you would like to read.

Try It Out

- While looking at Page A6 with your head as steady as possible, push the West Button to freeze an image of the page.
- 2. Slowly rotate the **Zoom Dial** upward until you have the required amount of magnification to read comfortably.
- 3. Using your head movement to pan the image, find the first line on the page.
- 4. Read the still image.

5. If you want to read another page, push to resume live video from the camera, look at the new page, and then push to freeze an image of the new page.

Otherwise, if you are done reading, push the North Button

to reset your eSight to the startup settings in preparation for the next lesson.



Practice Makes Perfect!

Repeat the techniques in this lesson until you are ready to move to the next lesson.

Try practicing this exercise with some 'real life' objects, like a large photograph on the reading stand.

Try viewing the label on soup cans, cereal boxes, or other household items.

Lesson 4-2: Reading Position and Distance

In this lesson, you will find your optimal lighting, reading position, and reading distance.

What Do I Need?

- eSight
- Pages A9 and A10 from the Appendix
- Reading stand
- Playing cards

Finding a Comfortable Reading Position

Try It Out

- Place Page A9 on the reading stand approximately 45-60 centimeters (18-24 inches) away from you.
- 2. Adjust the lighting to ensure you have adequate light.

Overhead lighting is best. Light sources that are off to the side or shine directly at the camera can cause the image to appear unexpectedly lighter or darker.

You may also want to try the light on the headset. See "Accessing and Navigating the eSight Menu" on page 1-24.

3. Sit comfortably, and adjust your headset to view the reading material.

Finding the Best Reading Distance

Try It Out

- 1. Using the techniques learned in Lesson 1, look at Page A9.
- 2. Set your preferred reading settings for magnification, focus, and contrast.
- Make adjustments to your settings, if needed, as you read down the page.
- 4. When you have finished, switch to Page A10.
- Increase the magnification, as needed, to read the words comfortably without over magnifying.



Do not position the text any closer than 10 centimeters (4 inches) because the image becomes blurry.

- 6. Move the reading stand approximately 31-38 centimeters (12-15 inches) away from you.
- Push the North Button

 to reset eSight.

- 8. Using the techniques you have learned, read Page A10 again.
- 9. Try different distances to find the one that suits you.

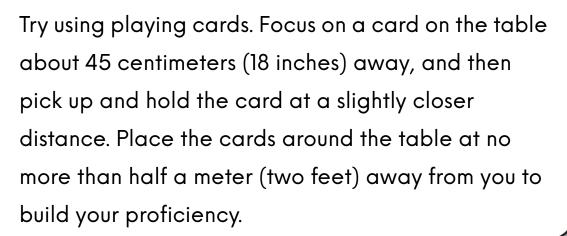
 Use as little magnification and contrast as possible. This of

Use as little magnification and contrast as possible. This gives you the best image with the largest field of view.

10. Push the **West Button** to see if reading a still image is easier for you.



Practice Makes Perfect!



Lesson 4-3: Contrast Modes and Reading Without a Stand

In this lesson, you will find your preferred color combination for reading and learn how to read without a reading stand.

What Do I Need?

- eSight
- Pages All and Al2 from the Appendix
- Reading stand
- Magazine or other printed material

Adjusting the Contrast Mode for Reading

eSight comes with several contrast modes for reading. These can make reading easier. Experiment to find your preferred contrast mode.

Try It Out

- Place Page All on the reading stand at the best distance for you.
- 2. Using the techniques you have learned, look at the page and set your preferred settings.

- Push the Contrast Dial to move to the next reading contrast mode.
- Repeat until you have scrolled through the different contrast modes.
- 5. Use Page All to help you decide which contrast mode you prefer for reading.
- Place Page A12 on the reading stand, and read each word until you reach the bottom of the page.

Note the amount of magnification and contrast you use to read the pages successfully. This provides you with a good starting point for future reading activities.

Reading Without the Reading Stand

Experiment to find your preferred position for your head, headset, and reading material so you can read without a reading stand.

Try It Out

- Push the North Button to reset your eSight.
- 2. Position yourself comfortably, and hold Page A12.

- 3. Using the techniques you have learned, begin to read the page using your preferred settings.
- As you read, experiment with different positions of your head, headset, and reading material to find your preferred reading method.



Practice Makes Perfect!

Practice this lesson until you are proficient at using the stand or holding the reading material to read.

Try using the front cover of a magazine. Practice holding the magazine at your preferred reading distance, and adjust eSight to read the words.

Be conscious of your reading position. Stay as comfortable as possible. This is especially important when reading for long periods.

Lesson 4-4: Reading Large Print Media

In this lesson, you will practice all the techniques you have learned by reading large print media.

What Do I Need?

- eSight
- Page A13 from the Appendix
- Reading stand
- Large print media

Try It Out

 Holding Page A13 at your preferred reading distance, use the techniques you have learned to adjust your settings.



For increased stability, rest your elbows on an armchair or table.

2. Adjust the **Zoom Dial** to a level of magnification that allows you to read comfortably.

The words on Page A13 are similar in size or slightly larger than those in large print media.

- 3. Push the **North Button** to reset your eSight.
- 4. Try the exercise again using your large print media and the techniques you have learned.
- 5. Read several pages of the large print media.

Helpful Hint — Reading With a Straight Edge

You may find it helpful to hold a straight edge (such as a bookmark, strip of card stock, envelope, and so on) along the line of text that you are reading.

Then, at the end of the line, track back along the straight edge to begin the next line so you do not lose your place.



Practice Makes Perfect

Practice the skills you learned in Lesson 4-4 by reading the smaller print on page A-14.

When you are comfortable reading smaller font sizes, challenge yourself by reading your favorite magazine with a smaller print, prescription bottles, and so on.

Module 5 Writing and Hand-Eye Coordination

What Will I Learn?

- Hand-eye coordination to write
- Hand-eye coordination to touch and pick up objects
- Hand-eye coordination to pour liquids

Lesson 5-1: Writing on Widely-Spaced Lines

What Do I Need?

- eSight
- Pages A15 and A16 from the Appendix

NOTE: For extra practice, you may want to photocopy these pages before writing on them.

- Bold tip pen
- Slant board (optional)

Try It Out

- Place Page A15 on a table or slant board, and look into the headset at the page.
- 2. Allow the camera to focus on the page, and then push the **Focus Dial** once to set eSight to Near Manual Focus.
- 3. Rotate the **Focus Dial** to fine tune the focus.
- Using a bold tip pen, place the pen on the paper on the first line.
- Adjust the magnification and contrast to help you see the page better.

The skill of writing does not take as much magnification as the skill of reading.



For those with a central blind spot, use your eccentric viewing to see the tip of the pen where it strikes the page. For more on eccentric viewing, see "Viewing with a Central Blind Spot (Optional)" on page 8-1.

Move the pen away, and then bring it back to the first line several times to help increase your coordination and speed.

- 6. Write your full name, and follow the pen as you write.
- 7. On the second line, try to write something else and do it as naturally as possible.
 - At first, your writing may be uphill or downhill, which is normal for people with central vision loss. With practice, you will improve quickly.
- 8. Write all the way across the page.
 - To start, write without lifting your pen until you are more comfortable with writing in general. Later, work on going back to cross your t's and dot your i's.
- 9. Using Page A16, write a series of numbers on a new line.



Practice Makes Perfect

Practice writing both numbers and words on different lines to build your skill.

After you feel comfortable with writing on different lines, try practicing the skills you learned in Lesson 5-1 and progress to writing on narrowly spaced lines (A-17) and filling out large and small checks (A-18 to A-20) using a standard tip pen.

You may need to adjust your magnification to accommodate for the smaller size of writing.





Practice Makes Perfect!

Writing can be a challenge in dimly lit restaurants or when completing forms with small fonts.

Practice filling out a form at home with the lights in your room turned down and your eSight light turned on.

For help turning on the light, see "Accessing and Navigating the eSight Menu" on page 1-24.

Lesson 5-2: Hand-Eye Coordination

There are other situations where you need hand-eye coordination, such as pointing your finger at an item on a menu or pressing the numbers on a phone. This exercise prepares you for these types of activities.

What Do I Need?

- eSight
- Coins
- Vitamin or other small object
- Labeled canned goods in a cabinet or pantry
- Cup, tea bag, cold water, and towel

Practicing Hand-Eye Coordination With Coins

Try It Out

- Sitting comfortably at a table, spread out several coins in front of you on the table.
- 2. Looking through eSight, locate one of the coins.
- 3. Using your preferred settings, focus on the coin, and then set eSight to Near Manual Focus and adjust the focus.

- 4. Slowly place your finger on the coin.
 - It is quite normal for this to be difficult at first.
- 5. Continue to practice using other coins on the table.

Practice Makes Perfect

Practice picking up a small object of a contrasting color, like a vitamin, off a counter. When you can do it easily, pick up items that vary in size and contrast to build your proficiency.

Identifying and Picking Up Items in a Cabinet

Identifying and picking up items in your kitchen cabinet are essential skills for cooking and shopping with confidence.

Try It Out

- Secure the eSight controller to free both hands.
- 2. Stand approximately half a meter (2 feet away) from a shelf or cabinet with canned goods on it.



If the cabinet is not well-lit, turn on the eSight light. See "Accessing and Navigating the eSight Menu" on page 1-24.

- 3. Using the techniques you have learned, bring the labels into clear view and identify the food items on the shelf.
- 4. Place your finger on a label. This may take a few tries!
- 5. Look at another item in front of you, and then try to pick it up.
- 6. Adjust your reach and practice until you can identify and pick up items naturally.

Placing a Tea Bag into a Tea Cup

Try It Out

- Using your peripheral vision to move around, place a tea bag and a tea cup on a table or counter.
- 2. Using your preferred settings, practice placing the tea bag in the cup and removing it from the cup.
- 3. Once you are proficient, try pouring **cold** water into your cup.



If it is difficult to work with water, try a cold, nonclear liquid. Have a towel handy for spills.



Practice Makes Perfect!

Challenge yourself with other hand-eye coordination activities. Be creative!

You might try

- Writing in a crossword puzzle grid
- Doing hand crafts, such as crocheting
- Threading a needle and hand sewing
- Doing a jigsaw puzzle
- Using small hand tools, such as a screwdriver
- Reading a measuring tape

Your comfort and ability with eSight will increase with practice.



Module 6 Viewing Screens with the eSight Camera

In this module, you will use the eSight camera to view screens, such your phone or laptop, TV, or movie screens.

Later, in Module 7, you will learn a more advanced way of viewing screens by connecting eSight directly to an HDMI video source, such as your computer, using the digital video cable.

What Will I Learn?

- View screens of all types (phone, tablet, ATM, computer, TV, or movie theatre) with the eSight camera
- Be efficient and confident viewing screens of all types

Lesson 6-1: Viewing Phones and Other Small Screens

In this lesson, you will use the eSight camera to view small screens, like your phone or tablet or an ATM.

What Do I Need?

- eSight
- Smaller video screens for practice (phone, tablet, or an ATM)

Try It Out

- 1. Place the headset in the upper bioptic position to allow more use of your natural vision in combination with eSight.
- Look at your phone screen and adjust the eSight settings.
- Hold your phone in your hand near a light source. Look at it with eSight, and tilt it at different angles to try to catch a reflection. Notice how the camera reacts.

The eSight camera may over-react to a shiny surface, resulting in difficulty focusing and an image that is washed-out or darkened.



- 4. Adjust the angle of the phone to minimize the reflection, keeping the phone at a constant distance from your eSight.
 - You can also reduce the effects of glare by shifting your position or shielding the screen with your hand.
- Look at the center of the screen, let the camera adjust to the image, and then look past screen to the background and back again.
 - In Auto Focus mode, as you view all areas of a small screen, the camera range finder may go off the edge of the screen causing unwanted refocusing.
- 6. Look at the center of the screen again, and now switch to Near Manual Focus. Again, look past the screen to the background and back again to the phone to see the effect of Near Manual Focus.



Use Near Manual Focus for smaller screens up to an arm's length away. It prevents unwanted refocusing if you look beyond the edge of the screen.

7. Fine tune the focus.

Small screens, such as your phone, may require more magnification than you would typically use.

9. Practice accessing your contacts or other applications on your phone.



Try adjusting the accessibility features on your phone, like increasing font and icon sizes, to find settings that are comfortable for you.

Check your phone's help for details.





Practice fine-tuning the focus and minimizing reflection by doing banking at an ATM or using a payment terminal at a store.

Remember to use different focus, zoom, contrast, and brightness settings to maximize image clarity.



Lesson 6-2: Viewing the TV and Going to the Movies

Larger screens, such as TV or movie theater screens, require similar techniques as small screens. Experiment with the level of magnification needed; it takes less magnification to identify pictures and more magnification to read text.

What Do I Need?

- eSight
- Various large video screens for practice (TV, movie theatre)

Try It Out

- 1. Place the headset in the upper bioptic position.
- 2. Practice watching TV with the eSight camera. Try different types of TV programs, like the news, a sporting event, or a movie.
- 3. Try watching the TV using Auto Focus first. You may experience some unwanted refocusing to nearer objects.

4. Switch to Far Manual Focus and fine-tune the focus to see the difference.



Use Far Manual Focus to view larger screens more than an arm's length away. It prevents unwanted refocusing to nearer objects when you are looking at things in the distance.

5. Go to a movie theater and enjoy a movie.

Start by sitting in the middle of the theater and move forward or back as needed. For best results, move back far enough to see as much of the screen as possible at your preferred magnification.



If the eSight narrator is on, you may want to mute it before the movie begins.

- After finding your seating, try first watching the movie in Auto Focus.
- 7. Switch to Far Manual Focus and take some time to see if you notice a difference.

While Auto Focus works well if the movie theatre is not very full, Far Manual Focus is useful to prevent unwanted refocusing should a movie goer move in front of you while you are trying to watch the action on the screen.

- 8. Adjust the Exposure settings to see what works best for you.
 - i Try adjusting the Exposure Threshold. This can help if the video image appears too light or too dark in general. See "Adjusting the Exposure Threshold Level" on page 1-27.
 - Try adjusting and locking the exposure manually.

 Depending on how quickly scenes in the movie are changing from light to dark, you may find that adjusting and locking the camera exposure works well. See "Adjusting and Locking the Camera Exposure Manually" on page 1-29.

Lesson 6-3: Working With eSight and Your Computer

All the skills learned in the previous lessons apply to viewing laptop and computer screens.

In this lesson, you will learn tips to help you work comfortably with your computer.

What Do I Need?

- eSight
- Laptop or desktop computer

Try It Out

- Place the headset in the upper bioptic position.
- On your laptop or computer, open up a few different Web sites, e-mail, and other applications that you use regularly.



Helpful Hint — Finding Your Mouse Cursor

It is often hard to find the mouse cursor. Use this easy method for any screen.

- i Move the mouse cursor to the top left corner of screen.
- ii Look through the headset at the top left corner of the screen and magnify, if needed.
- iii Wiggle the mouse cursor in a circular motion.

Helpful Hint — Seeing the Screen Better

- Adjust the Mouse Adjust the motion, visibility, and behavior settings of the mouse pointer.
- Increase the Size Increase the size of applications and text on the screen, so you will not need as much magnification on eSight.
- Change the Window Borders Adjust the width of window borders.
- Adjust the Cursor Set the thickness of the blinking cursor.
- Calm Your View Turn off confusing distractions, like animations and overlapping background images.
- Use Accessibility Features Use the magnification utility and high contrast mode on your computer. See "Helpful Hint — Using a Magnification Utility" on page 6-12.

 Try reading some text in one application, such as your e-mail, then move to another application and try reading some text.

You may want to switch between Near Manual and Auto Focus modes or adjust the zoom or contrast as you move from one application to another.

If eSight loses focus due to a lot of white space and things look washed-out, look away for a moment or try paging up or down.

6

Helpful Hint — Using a Magnification Utility

Use more magnification on your device and less magnification on eSight for a steadier image.

- i Put your eSight in the upper bioptic position.
- ii Using your natural vision, look through your frames at the computer screen.
- iii Zoom in using the magnification utility on your computer. Magnify no more than what is needed to see the whole screen, locate the mouse pointer, and open application windows.
- iv Look up into the eSight displays, and magnify, as needed, to see text and detail.
- v Use your natural vision to find what you want to look at, then slowly lower your head to center your object of focus in the displays.
- vi Follow the mouse or read the text.

Lesson 6-4: Working Efficiently With Your Computer

There are lots of ways to become more efficient at using eSight to view computer screens. This is especially important if you depend on a laptop or computer to get your job done.

Even if you mostly use a computer to search for information or send e-mails to relatives, the techniques you learn in this lesson will improve the comfort and pleasure you experience while using eSight to view screens.

What Do I Need?

- eSight
- Laptop or desktop computer

Try It Out

- 1. Place the headset in the upper bioptic position.
- 2. Sit at your computer desk.
- 3. If you can, place everything you need to see at an equal distance from you to standardize your viewing distances.

This helps reduce the amount of auto focusing required by eSight, and it will also reduce the number of operations needed to perform a task.

For example, place your computer monitor, keyboard, reading material, or telephone at an equal distance from your position.

4. Try locking the focus in this setup. Using manual focus allows you to look at different items quickly while keeping them in overall focus. See "Focus Dial" on page 1-15 to learn how to change the focus mode.



Standardize text across all applications you are viewing to reduce zooming in and out.

5. Try applying the same size standardization to other things around your work area. With practice you will learn how much magnification is needed to switch between tasks.



Helpful Hint — Efficiency Tips

- Use Spot Zoom Press and hold the Zoom Dial
 to temporarily view the image without any
 magnification. This is useful for re-orienting
 yourself, widening your field of view, or finding a
 lost cursor.
- Learn Keyboard Shortcuts For things you do
 often, learn the keyboard shortcut to reduce your
 need for the mouse and improve overall
 efficiency.
- Learn to Use the Tab Key Press the tab key to jump between text boxes in an online form. Learn the tab sequence of the dialog boxes that you use often to increase your speed significantly.

Notes:

Module 7 Viewing Video From an HDMI Video Source

What Will I Learn?

- Connect an HDMI video source to eSight and view the video in your headset
- Magnify and pan video

Lesson 7-1: Connecting eSight to an HDMI Video Source

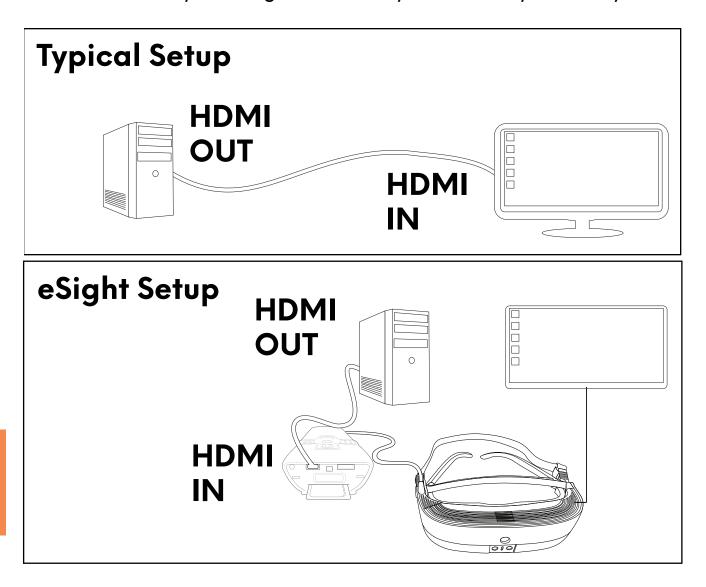
In the previous module, you learned how to view screens using the eSight camera. In this module, you will learn to watch video from an HDMI video source (such as a computer, video game device, or DVD player) on eSight.

7

You can use the digital video cable to connect eSight to a compatible HDMI video source.

Note: eSight is tested with a variety of appropriately equipped HDMI video sources; however, not all HDMI video sources and video resolutions are compatible with eSight.

Please contact your eSight Coach if you have any difficulty.



What Do I Need?

- eSight
- Digital video cable
- An HDMI video source, such as a computer, Apple TV, cable or satellite box, or a DVD player.



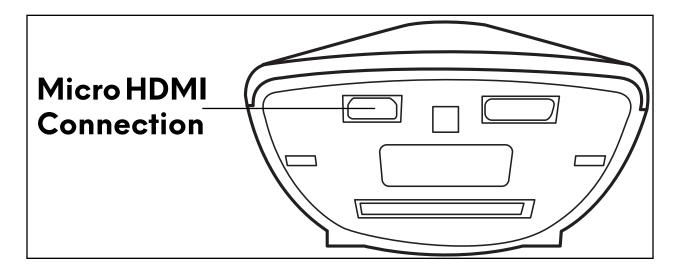
When connecting satellite receivers or cable boxes, you may want to use the HDMI splitter to connect both your TV and eSight to the receiver.

See "Connect HDMI Video Source to TV and eSight 3" in the Software Quick Reference for help.

7

Try It Out

- 1. Turn on eSight.
- On the HDMI video source, locate the HDMI video output connection.
- 3. Using the digital video cable, plug the large connector into the HDMI video output connection on the video source.
- 4. Plug the small end of digital video cable into the micro HDMI connection on eSight.



5. Now that you have the HDMI video source connected to the eSight controller, push the Zoom Dial once to switch the video source from the eSight camera to the HDMI video source.

- 6. If you don't see the HDMI video on eSight, change the resolution of the HDMI video source: 1024x768 for a computer display or 720p or 1080p for other sources.
- 7. When you want to go back to the camera video, push the Zoom Dial again.

If you encounter any difficulty using the 'HDMI Video In' feature, please contact your eSight Coach.

Helpful Hint — Switching Video Sources using the eSight Menu

- i Push and hold the trackpad for 5 seconds to unlock the trackpad, if needed.
- ii Push the trackpad to display the eSight menu.
- iii Push the trackpad to select the **VIEW** menu.
- iv Depending on the current video source, push the trackpad to select CAMERA or slide your finger on the trackpad to highlight HDMI, and then push the trackpad.

Lesson 7-2: Panning HDMI Video

When you view video from an HDMI video source in the headset, you can zoom in and pan around the video using your preferred panning mode (Head Motion Panning or Trackpad Panning).

Try It Out

- Place yourself in a comfortable viewing position.
- 2. Switch to viewing the video from the HDMI video source.
- 3. Rotate the Zoom Dial upward until you have a mid-amount of magnification.
- 4. Move your head left, right, up, and down to pan the magnified video. You can pan in a diagonal direction too.
- 5. Push the East Button 🤾 to switch to Trackpad Panning mode.
- Slide your finger on trackpad to pan around the video.
- 7. Push the East Button again to turn off panning and lock the image in its last location.

7

Module 8 Viewing with a Central Blind Spot (Optional)

If you have an eye disease that affects your central vision, you may benefit from using a technique called eccentric viewing to make effective use of your remaining vision.

What Will I Learn?

- Find the best eccentric viewing position
- Develop eccentric viewing skills

Lesson 8-1: Finding and Holding the Best Eccentric Viewing Position

What Do I Need?

- eSight
- Pages A7, A8, and A23 from the Appendix
- Your coach!

8

Try It Out

- Before putting on eSight, hold page A23 at an appropriate viewing distance, and with your better eye, look at the center of the clock face. Try to point your eyes to the area of the center, even though this may be in your blind spot.
- 2. While keeping your gaze on this area, see if you can recognize any of the numbers on the clock.

Take your time. Determine if there is one area that is better than another. The number may not be clearly recognizable, but this exercise helps you identify your best area of usable vision for eccentric viewing.

For example, if you look towards the center of the clock and find the number 5 looks best to you, to see the center of the clock, point your eye toward the 11 o'clock position. With practice, you can learn to recognize things using this eccentric viewing technique.

- 3. Practice switching between the number you see best and the center of the clock.
- Place Page A7 on a reading stand approximately 3 meters (10 feet) away from you.

- Now put on eSight, and adjust it to your preferred settings.
 Use enough magnification to make the symbols legible without over magnifying.
- 6. Just as you did when viewing the clock face, use eccentric viewing to identify each symbol.
- 7. As you progress through the chart, practice switching quickly from one symbol to another.



For a larger field of view, use only enough magnification to see comfortably.

Push the West Button for a still image if the image is shaky at a higher magnification.

Practice Makes Perfect!

Eccentric viewing takes five or ten minutes a day of practice to ensure good skill development.

Repeat the techniques in this lesson by viewing objects, like a picture on a wall, a coffee pot, or vase, using eccentric viewing and minimal zoom.

As you become proficient, use the smaller symbols on Page A8. Look for as long as possible at the smallest symbols on the chart using eccentric viewing.

Lesson 8-2: Tracking Moving Objects

In this lesson, you will practice tracking moving targets using eccentric viewing.

What Do I Need?

- eSight
- Pages A21 and A22 from the Appendix
 NOTE: For extra practice, you may want to photocopy these

pages.

- Scissors
- Ruler, paint stick, or wooden spoon
- Your coach!

Try It Out



Make a copy pages A21 and A22.

Cut out the targets along the dotted lines.

Tape each target to a ruler, or wooden spoon, so the target covers the length of the it.

- Ask your coach to hold the largest target from Page A21 approximately 40 to 50 centimeters (16 to 20 inches) from you.
- Using as little zoom as possible, identify the symbol on the target.
- 3. Using eccentric viewing, make the symbol as clear as possible, and then hold that position for at least 10 seconds.
- 4. Ask your coach to slowly move the target in one direction at relatively the same distance from you, while you track the target using eccentric viewing.

You may need to move your head a bit to keep the target aligned with the eSight camera. If you lose focus, ask your coach to move the target back to the center and try again.

- 5. Next, repeat this exercise again with a smaller shape from Page A21.
- 6. As you become proficient, repeat the exercise again by using smaller targets from Page A22.

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Practice Makes Perfect!

Hold your eccentric viewing position on the smallest shape for as long as possible. Can you hold it for 15 seconds? 20 seconds?

Practice several times a day. In time, you will be able to hold the position for longer with less effort.

Lesson 8-3: Looking Quickly Between Two Objects

In this exercise, you will practice using eccentric viewing to look quickly back and forth between two objects.

What Do I Need?

- eSight
- Pages A23–A25 from the Appendix
- Reading stand

Try It Out

- Place Page A23 on a reading stand approximately 45 centimeters (18 inches) away from you.
- 2. Using as little zoom as possible and eccentric viewing, identify the number 9 on the left side of the small clock hand.
- 3. After you see the number clearly, move your eyes quickly to the number 3 on the right side of the clock, and use eccentric viewing to view the number.

The clock hands between the two numbers are only there to help you with orientation. Go directly to the number without referencing the clock hand.

- 4. Repeat this left to right movement several times until you are doing it successfully.
- 5. Using the same technique, start on the right and move your eyes quickly to the left.
- 6. Repeat this right to left movement several times until you can do it successfully. Challenge yourself by choosing numbers not connected by the hands of the clock.
- 7. Repeat the exercise again using the smaller targets from Pages A24 and A25. Use minimal zoom to identify targets, and then use eccentric viewing.



Move your head slightly while using eccentric viewing to align the camera with the target.

Lesson 8-4: Looking at Multiple Objects

In this lesson, you will use eccentric viewing to look at multiple objects.

What Do I Need?

- 5-6 miscellaneous household items (salt shaker, fork, prescription bottle)
- Large print playing cards
- Standard playing cards

Try It Out

- While seated at a table, place 5-6 small objects in front of you.
- Using eSight, identify the first object on the table, and then use eccentric viewing to see the first item clearly.
- 3. Move your eyes from the first object to a second object while using eccentric viewing to identify both objects.
- 4. Practice this exercise with all the objects on the table.

8

- 5. Using the large print playing cards, hold seven cards in your hand, and place the remaining cards in a stack further away from you on the table.
- 6. Align all seven cards in your field of vision at one time.
- Adjust the focus, zoom, and contrast to bring the playing cards into view, so you can easily identify the numbers on the cards.
- 8. Slowly move your eyes into eccentric viewing, so you can go from one card to another to correctly identify all seven cards.
- 9. Now, look at cards stacked further away from you on the table, and if necessary, increase the magnification.
- Look back to the cards in your hand, and if necessary, decrease the magnification.



Practice Makes Perfect!

Try a game of Solitaire using large print playing cards.

Can you see each pile of cards using eccentric viewing?

Move a card to another position, following it with eccentric viewing. If you lose the card in the middle of the movement, try again.

Increase the difficulty by using standard playing cards.

3



























bed

cat

fad

eye

fun

joy

tar

why

wet

war

lap

odd

jet cat

hut cut

bus how

spy egg

hot add

had ego

hat gym

beak call

calm glue

fort grow

free self

sand twig

weep week

torn jury

feet	glow	punk
fork	pump	shop
save	mole	send
pail	wink	swap
vibe	melt	gray
dirt	eggs	data
mini	beam	make

pull	shop	loop
arrow	rose	news
jaws	lady	know
limp	limb	junk
fear	echo	cake
dirt	corn	fast
fury	heat	lean

If you can read this text, you may read more.

Our heavy coats keep us warm.

The fruits came fresh from their own garden.

Reading my book is a thing I like very much.

He told me a long story about an angry swan.

Those big fires will keep us warm and happy.

The child made a nice drawing of your house.

The game was over before he could join.

I wonder how well they can see the new moon?

			Appendix

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		Appendix



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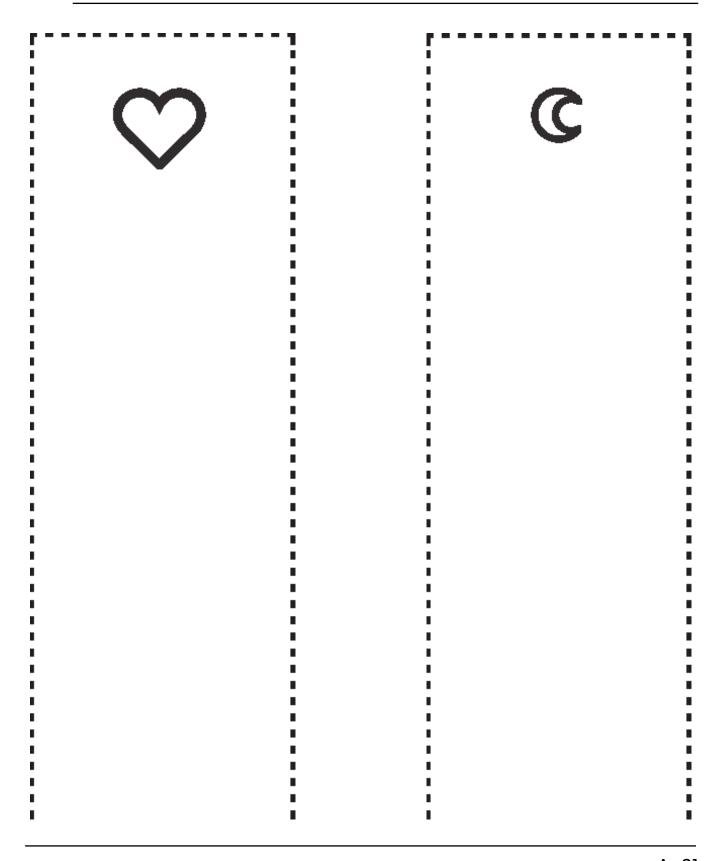


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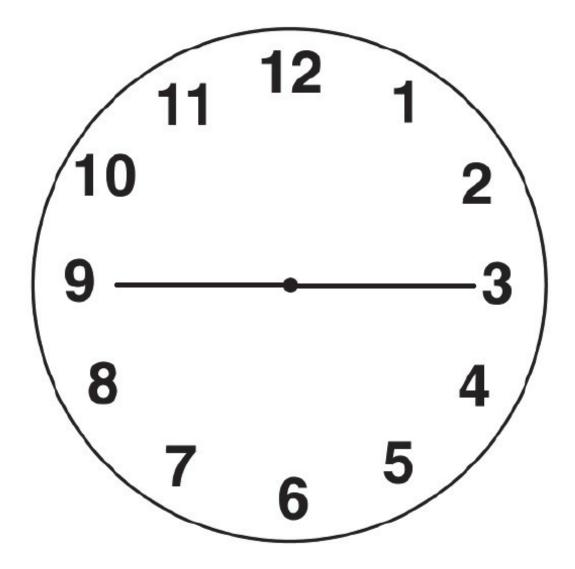
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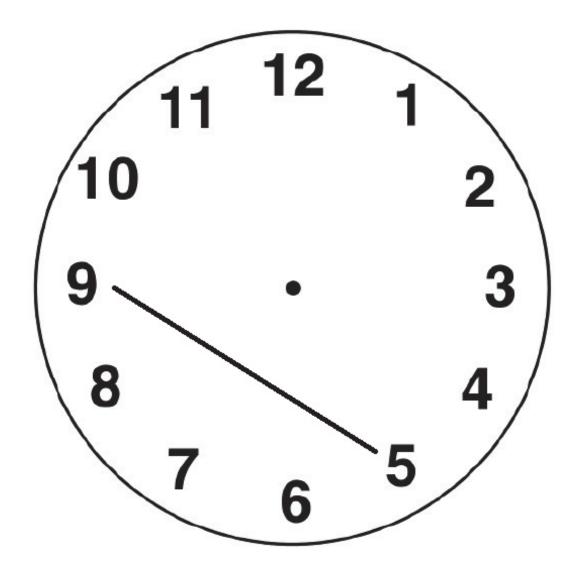
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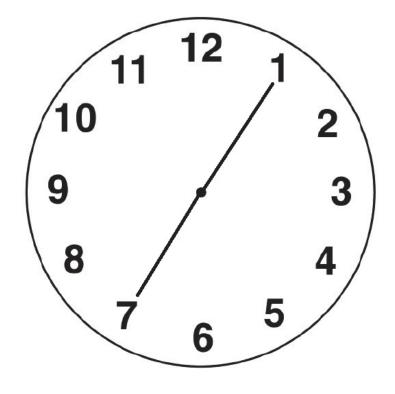
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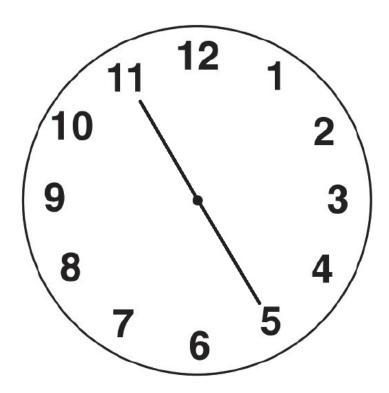












Distance Acuity

See the chart on the next page.

The chart is provided as a guideline only. It is not intended to replace a proper visual assessment by a trained eye care professional.

Instructions for Use

- View from a distance of 5 feet (1.5 meters) with your normal distance spectacle lenses or contact lenses, if applicable.
- 2. Ensure ample light and minimal glare.

1 2 E D F C Z P 3 DEFPOTEC 4 LEFODPCT 5 PEZOLCFTD 6

Calibrated for 5 Feet

Notes:		