**Home Visual Acuity Testing**

**For an Adult or Child who is Unfamiliar with the English language and Does Not Know His/Her Letters**

**What You Need to Test Your Vision at Home:**

* Something to cover the eye, like a patch, large spoon, paper cup or facial tissue.
* Tape or tack to hang the testing chart on the wall.
* A pencil or pen to record the results.
* Something to measure distance with like a tape measure, yardstick, “Measure” app on your smartphone or 11 printer pages (8.5” x 11”) laid end to end.
* A well-lighted room at least 10 feet long.
* The printed visual acuity testing chart.

**Prepare the Test Area:**

* Print the visual acuity chart:
	+ <http://www.abcd-vision.org/Images/Home-Acuity-monitor.pdf>
* Print the matching guide if needed:
	+ <http://www.abcd-vision.org/Images/ABCD-Home-match-HOTV.pdf>
* Fold chart so letters are on outside and secure with a paperclip.
* Give your child the matching guide (if needed) and practice the test.
* Measure 10 feet from the back of a chair. This is where you will stand with the chart.

**Testing:**

* Have the person/child being tested sit in the chair.
* Cover the left eye. If he or she uses eyeglasses for distance vision, the glasses should be worn during the test.
* Stand 10 feet away, randomly spin the chart, and point to the first letter under the black line (20/40). If they can identify this letter, move to the next smallest letter. If they cannot read it, go up a line.
* The person/child can point to the matching letter on the guide or state the letter out loud.
* Write down the number of the smallest line seen correctly (the line with at least 3/4 of the letters correctly identified). Also record the reliability on a scale of 1 to 5, with 1 being low, 5 being high.
	+ Right eye: 20/\_\_\_ Reliability: 1 2 3 4 5
* Now repeat the test with the right eye covered and record the results.
	+ Left eye: 20/­­\_\_\_ Reliability: 1 2 3 4 5
* Video guide: <https://vimeo.com/398735742>

**General Tips:**

* No cheating! Make sure your child’s eye is patched or completely covered and they are not peeking. Do not give your child any hints.
* Practice first! Stand close to your child and practice. Make sure they understand the “game”.
* Test your child’s “BAD” eye first, especially when using the Snellen chart, since he/she will otherwise try to memorize the letters with their “good” eye.