

# 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.