

HOME VISION TEST INSTRUCTIONS



Equipment you will need:

- **1 Visual Acuity Chart**
 - **PRINT THE CHART on ACTUAL SIZE settings on your printer and measure it to make sure the size is correct.** It should be 6.4cm or 64mm between the dotted lines
- **2 Paperclips or sticky tape** to fasten the chart in a box shape once you have folded it
- **1 Matching Card** for your child to use if they do not know the names of the letters
- **A tape-measure** to measure the 3 meter testing distance from your child to the vision chart
- **Something to cover your child's eye with** so you can measure one eye at a time.
 - You can use an eye patch, a tissue, some paper or material folded into a triangle
- **Recording sheet – please write the vision test results on the included results form**

If your child wears glasses: **Keep glasses on** for the test

Before you start:

- **Find a quiet, well lit room to do the test in**
- **Put a chair for your child to sit on 3m from where you will stand with the vision chart**
 - Make sure your child is not facing a window as this could make it hard to see the chart
- **Make sure your child understands the test by practicing with both eyes open first**
 - Stand close to your child, point to one letter at a time on the vision chart and ask your child to say the names of the letters out loud
 - If your child does not know the names of the letters – use the **matching card**.
 - Check understanding by pointing to the letters on the chart again, this time asking your child to “**point to the same letter on their matching card**”

Start Testing:

1. **Cover your child's eye –**
 - a. Place the patch **under** the glasses on your child's skin if wearing glasses
 - b. Make sure there are no peep holes – especially on bridge of nose
2. **Stand with the vision chart 3m from your seated child**
3. **Using one side of the vision chart, point to the biggest letter first, moving down to a smaller letter each time your child gets the letter correct**
4. **Do not give your child any hints or say the names of the letters. It is ok if they can't see the letter.**
5. **Keep track of the number beside the smallest letter your child can see correctly**
6. **Still testing the same eye, turn the chart around to use a different set of letters, and check to see if your child can see down to the same size letter. Your child needs to correctly see 3 letters of the same size. If they can't, try with letters one size bigger**
7. **In the results section on the back of this page - Record the number beside the smallest size letters your child saw correctly 3 times.** Make sure you record the results beside the eye you have just tested – this is the eye that did not have the patch on.
8. **Repeat the process from number 1 to 7 with the patch on the other eye**

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When finished – Please take a photo of this page and email it to:

eye.clinic@rch.org.au

Your Child's Name:

Your Child's Date of Birth:

Your Child's RCH UR number if known:

Your Name:

Your mobile number:

HOME VISION TEST RESULTS

Date Performed:

Were glasses worn? YES NO DOESN'T WEAR

Vision test result:

Right Eye – Write here the number beside the smallest letters seen: _____

Left Eye - Write here the number beside the smallest letters seen: _____

Reliability during test of Right Eye: 1 2 3 4 5
 Poor Good Excellent

Reliability during test of Left Eye:

 1 2 3 4 5
 Poor Good Excellent

Any comments you would like to add?

Thank you for performing the Home Vision Test on your child. Please feel free to call us Monday to Friday between 9am and 3pm on (03)9345 6347 if you have any questions. Or alternatively you can email us on eye.clinic@rch.org.au

Thank you 😊