

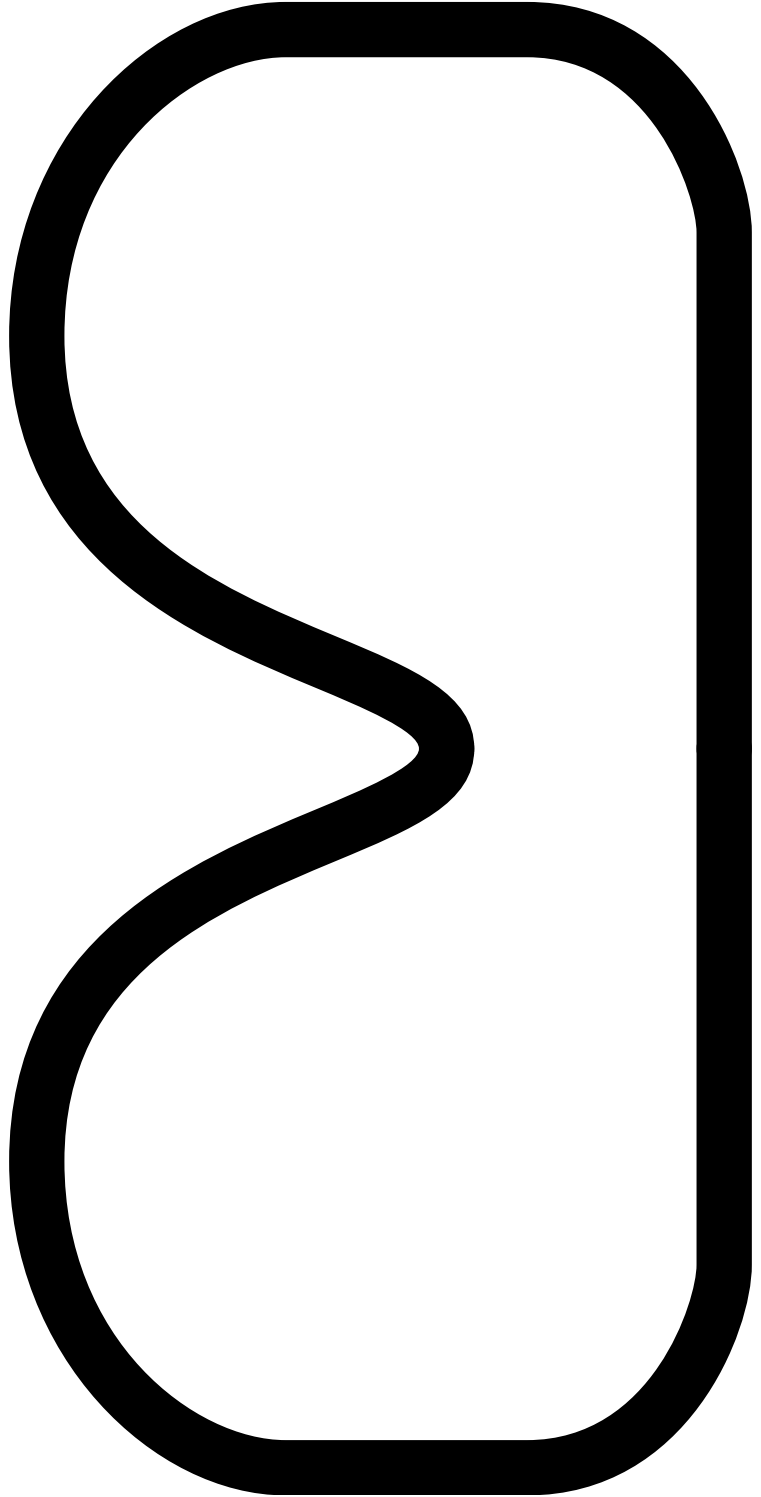
Make your own sight filters

Resources needed

- Strong card
- Bubble wrap
- Black card
- A Perspex folder e.g. plastic poly pocket
- Elastic or elastic bands
- Glue or tape

Instructions

1. Cut out a template for the frames. For younger classes, these could be pre-cut before the lesson.
2. Use different materials to make lenses in the frames.
3. Make one pair of sight filters using the bubble wrap for the whole of the lens.
4. Make one pair of sight filters using the Perspex folder for the lenses, and stick a circle of black paper in the centre of each of the lenses.
5. Make one pair of sight filters using the black paper for the lenses, make a small hole in the centre of each of the lenses.
6. Secure the sight filters using either string or threading elastic bands through the holes at the sides.



What the sight filters show

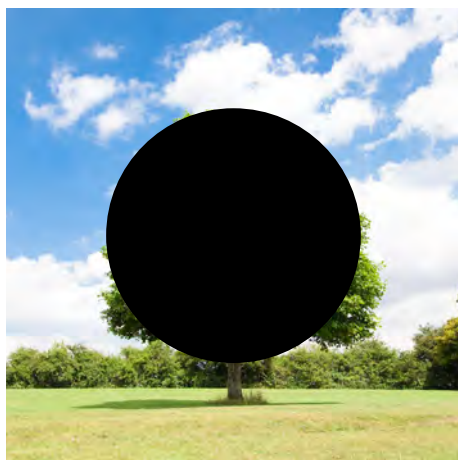
Everyone experiences deafblindness differently and everyone has unique challenges – and ways to overcome them. Therefore, it is very difficult to replicate how people experience deafblindness, but these sight filters will help students to explore the challenges of low vision. Please bear in mind that this is not a true representation low vision but is an example to help develop and understanding of what some people might experience.

It is important to communicate to students that terms like 'blind', 'sight loss' and 'low vision' don't necessarily mean that a person has no vision at all. Sight loss, hearing loss and deafblindness all come on spectrums and affect everyone differently.



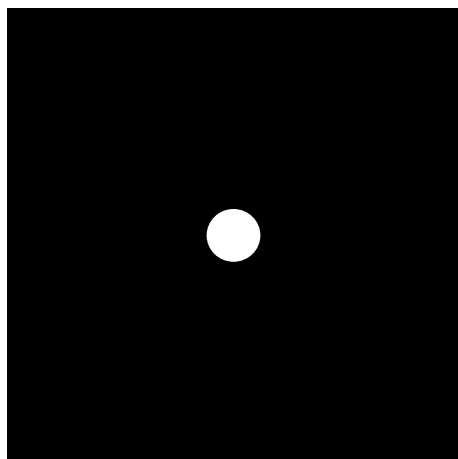
Cataracts (Sight filters made with bubble wrap)

A cataract is a clouding of the lens in the eye causing the vision to blur or dim because light cannot pass through the clouded lens to the retina. The effects of cataracts include double vision and poor vision in bright light.



Macular Degeneration (Sight filters made with Perspex folder with a circle of black paper in the middle).

The Macula (which is located in the centre of the retina and responsible for central vision) may become damaged or stop working, usually through old age. It mainly affects both eyes and never leads to full blindness. It only affects the central vision.



Retinitis Pigmentosa (Sight filters made with black paper with one hole punched in the middle).

A group of hereditary diseases affecting the retina which slowly degenerates and loses its ability to transmit images to the brain. The first symptoms are being unable to see at night or in dim light. Most cases follow with a progressive loss of side (peripheral) vision – sometimes called Tunnel Vision'. In others the central vision is affected but peripheral vision retained.