

Vision Rehabilitation Clinic

Low Vision Strategies

for Daily Life



Hôpital
Hotel Dieu
Hospital



Hôpital Général de
Kingston General
Hospital

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Low Vision Strategies for Daily Life

Welcome to the Vision Rehab Clinic. This resource was designed to offer practical tools and strategies for your daily functioning. Keep in mind that vision loss affects each person differently, so the suggestions provided here are general in nature. For guidance specific to your situation, it's important to consult with your health care team.

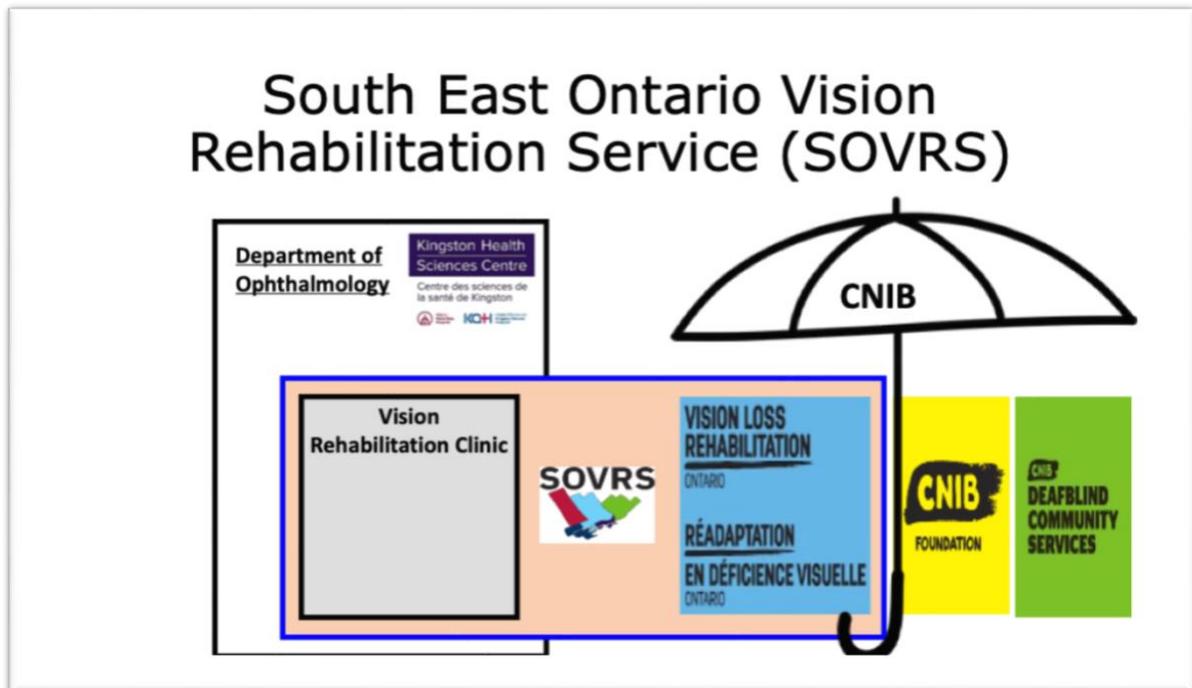
We encourage you to review these tips and use them as a starting point for conversations with your family and health care professionals. During your appointment, your occupational therapist and ophthalmologist will work with you to create personalized goals tailored to you.

South East Ontario Vision Rehabilitation (SOVRS)

The Southeastern Ontario Vision Rehabilitation Service's (SOVRS) goal is to boost safety, independence and quality of life of people with low vision. It is a person-centred, integrated system of care for individuals with vision loss.

It is a collaboration between the Vision Rehabilitation Clinic at the Hotel Dieu Hospital and Vision Loss Rehabilitation Ontario (VLRO), a division of the Canadian National Institute for the Blind (CNIB).

When you are referred to SOVRS, an intake coordinator will complete an interview over the phone to get a sense of current function and help you get started on your Low Vision Rehab journey.



Vision Rehabilitation Clinic at KHSC Hotel Dieu Hospital

The Vision Rehabilitation Clinic focus is to enable individuals to develop or restore daily living skills, helping enhance independence, safety, and mobility.

What to expect at a Vision Rehabilitation Clinic appointment:

- 1) A vision assessment using specialized diagnostic equipment to evaluate how patients use their residual vision.
- 2) Collaborative development of a personalized rehabilitation plan focused on safety and functional goals with an occupational therapist or ophthalmologist.
- 3) Connecting patients with healthcare resources, community services, adaptive devices and strategies to enhance function and quality of life.

The Team

Ophthalmologists are Physician who diagnoses and treat eye diseases, prescribe medication, and perform eye surgery. Ophthalmologists sub-specializing in low vision rehabilitation perform

low vision assessments, develop rehabilitation plans, and connect patients to providers and resources to support vision rehabilitation.

Occupational Therapist (OTs) focus on function and helping to increase independence in daily tasks, from getting dressed and cooking a meal, to going to work or school. OTs who work with people experiencing low vision and blindness, work to maximize their independence using high technology, modifying the environment, and other strategies. Sometimes an OT might look at physical (balance, strength), cognitive (memory, attention) or mood (stress, depression, anxiety) that might affect a person's ability to participate in their daily function.

Ophthalmic Technicians are health care professionals who work in eye care, alongside ophthalmologists. They conduct preliminary testing and measurements as part of the low vision rehabilitation assessment to help determine vision skills.

Vision Loss Rehab Ontario

The Vision Rehabilitation Clinic and Vision Loss Rehabilitation work together to help people attain their goals. They complete an intake assessment to match people with the best service. They complete home visits to maximize independence.

Low Vision Therapists teach how to use vision efficiently with optical devices, non-optical devices, access technology, and special lighting.

Orientation and Mobility Specialists teach the skills and concepts people with vision loss need to travel independently and safely in the home and in the community.

Vision Rehabilitation Therapists teach independent everyday living skills, including cooking, reading, writing, braille, personal self-care, and leisure activities.

Access Technology Specialists help to access high technology (Digital magnifiers, CCTVs, Smart phones, tablets and computers). Assist in accessing funding for high technology devices.

Commonly Used Strategies

Lighting Tips

General

- **Use the right bulbs:** Choose soft white, full-spectrum, or halogen bulbs. Avoid cool white fluorescent and clear incandescent bulbs as they cause glare.
- **Maximize light output:** Replace dark or opaque lampshades with lighter, translucent ones. Use a mix of overhead and task lighting throughout the home.
- **Use task lighting:** Direct light onto the task (e.g., reading, cooking), not into the eyes. Gooseneck or flex-arm lamps are ideal for focused light. Keep light at an angle and close to the task.
- **Ensure consistency:** Keep lighting levels uniform across rooms to prevent visual confusion or disorientation.
- Use **dimmer switches** to adjust lighting based on time of day or activity.

Glare Reduction

Glare is the difficulty of seeing in bright light. Glare sensitivity is a loss of visual acuity in bright lighting, such as when near a bright light or outdoors in bright sunlight. People suffering from glare sensitivity will be unable to see the separate contours of brightly lit objects, and their surroundings may merge into a “wall” of bright white.

Tips to reduce glare:

- Use **matte finishes** on floors, walls, and furniture (e.g., matte paint, non-glossy wallpaper or tablecloths).
- **Avoid shiny surfaces;** cover reflective tables and avoid glossy flooring and wax

- Position TVs and mirrors to **avoid reflections and backlighting**.
- Use **blinds or shades** to control natural light and reduce direct glare from windows.

Contrast

Contrast sensitivity refers to the ability to detect differences between light and dark areas. Typically, people with low vision benefit from **increasing contrast**.

Tips to increase contrast:

- Use **contrasting colours** for toilet seats, towels, light switch plates, cabinet handles, and baseboards.
- **Outline important objects** (e.g., doorframes, counter edges, stairs) with contrasting tape or paint.
- Avoid window treatments that block natural light unnecessarily.
- Mark glass doors clearly with visible decals or strips.

Basic Smart Phone and Tablet Tips

Whether you use an iPhone or Android device, most smartphones and tablets include built-in accessibility features designed to support people with low vision. You can explore these settings on your own or ask an occupational therapist or vision specialist to help customize your devices.

Helpful Accessibility Features

- **Voice Command** (e.g., Siri or Google Assistant): Use your voice to make calls, send and read text messages, and open apps.
- **Display and Text Size Adjustments**: Easily enlarge text and adjust contrast settings for better visibility.

- **Zoom Magnifier:** Zoom in on part or all of the screen to see content more clearly.
- **Screen Reader** (e.g., VoiceOver or TalkBack): Hear what's on your screen read aloud to support navigation. These features can take some practice to master.
- **Magnifier** (Apple) or WeZoom (android): Zoom in on documents or products. Offers ability to change filters and contrast. Camera on phones can also be used as a magnifier but may not have as many options in contrast.

Magnifiers

Magnifiers can help to enhance details and avoid eye strain. Pick a magnifier with a light and batteries that you can replace easily.

Types of magnifiers

Handheld magnifiers- These need to be positioned at the right distance from the page.

Stand magnifiers- Have a stand and are meant to sit on top of the paper or book. Instead of holding the magnifier in the air above the materials, you slide the magnifier across the piece of paper.

Simple magnifiers without a handle or a stand- Smaller magnifiers without handles, might be on a lanyard/necklace. They are typically around the size of a bank card and may be round or rectangular. Mainly used for spot reader.

Mounted magnifiers on a flexible arm- Attached to the end of a gooseneck or other type of bendable arm. They might be clamped to the edge of a table/piece of furniture or attached to a desk lamp or floor lamp-style base.

Around the neck magnifiers- Often used by people who do craftwork in their lap (knitting, crocheting, and quilting).

Head borne magnification- Are worn over glasses/eyes. Some clip onto glasses frames and others are a headband

Stronger reading glasses- They are often ordered through your optometrist as stronger than basic reading glasses purchased in pharmacies or dollar stores. Objects need to be held much closer and need for more light.

Lighting

The amount of light, temperature of the light, and glare can make a big difference for someone with low vision.

- **Intensity** (amount of light) – the amount of light on a page/surface is determined by brightness of the light bulb and distance of the light bulb from the reading material or item. When buying a light or bulb, the intensity is measured in “lumens”.
- **Temperature** (colour) – the temperature is the look of the light (warmer lightbulbs are slightly yellow/orange, cooler light is slightly blue). When buying a light or bulb, the temperature is written in “kelvin” (e.g., 5000K) and often described in words (e.g. “warm white”, “cool white”, “daylight”).
- **Glare** –Glare can be direct glare (oncoming headlights from a car) or indirect glare (reflection off of a shiny magazine page or a shiny white counter). While more light is important, it is important to minimize surfaces that cause glare and position lights in a way so you aren’t looking directly at the light bulb.

- **LED lights** use less wattage than older incandescent bulbs, so you can find very bright bulbs in a temperature you like that are low wattage.
- **Trial and error** – ask about return policies in case you get a bulb home and find that doesn't give you the right light in your environment; in certain cases, you might need a few to compare

Task Lighting

A task light is directly on the task you are doing and the lightbulb is closer to the materials or items (e.g., crafts, repairs). Task lighting is especially helpful when the words or objects are either small or low contrast. Task lighting is different from general room lighting which provides light to the room (regular floor lamp, overhead lights). For reading or seeing detail, most people with low vision need more light than just overhead lighting or floor lamps.

- **Style** – depending where you need the light, you might pick a floor light; a light that sits on top of a table; one that has a clamp or clip to attach on the side of a table, bed, workbench, or music stand; or something portable like a flashlight or headlamp
- **Flexible arm for positioning** – a light with a gooseneck or another flexible arm lets you adjust the position of the light source onto the desired object.
- **Portability** – you may need a light outside of your home or in multiple places in the home. Consider battery powered or chargeable lights.
- **Buttons/switches/controls** – consider how easy the light is to turn on and off or adjust. If there are buttons, are they well labelled and easy to find? Do they respond to your touch or are

they flat/flush with the other surfaces? Are the controls intuitive?

Mood and Low Vision

Vision loss has been linked to loneliness, social isolation and feelings of worry, anxiety and fear. People with low vision are at higher risk of depression or depressive symptoms than the general population. The CDC estimates that 1 in 4 adults with vision loss experience anxiety and depression. Adjusting to vision loss is life changing and people can go through a grieving process.

Some common symptoms of **anxiety** are:

- Trouble controlling feelings of worry.
- Trouble focusing.
- Trouble sleeping.
- Feeling restless or on edge.
- Being irritable.

Some common symptoms of **depression** are:

- Lack of interest in hobbies and activities.
- Often feeling sad or anxious.
- Feeling helpless or worthless.
- Appetite and/or weight changes.
- Fatigue or lack of energy.

If you have feelings of hopelessness, sadness and anxiety, you are not alone. Speak with your family doctor about possible medical treatments. Counseling may be beneficial for some individuals, while peer support groups provide an opportunity to connect and share experiences with others facing similar challenges. Additionally, learning more about your eye condition can help reduce stress and anxiety. Talk to your health care professional about services or support groups in your region.

If you are experiencing a mental health crisis call the **Suicide crisis helpline at 9-8-8**, available 24/7.

Regional Crisis lines:

- Hastings and Prince Edward: 1-888-757-7766
- Kingston, Frontenac, Lennox and Addington: 1-866-616-6005
- Lanark, Leeds, and Grenville: 1-866-281-2911
- Champlain Region: 1-866-676-1080

Physical Activity & Social Connection

- Maintaining **good balance** is crucial to prevent falls, especially since vision loss can make uneven surfaces harder to navigate.
- Physical activity helps maintain **brain health**—improve thinking, memory, and mood—and may reduce dementia risk.
- Staying physically active also supports **social connection**.

Community resources like health centers, recreation groups, and public health programs often offer balance, strength, and activity classes—ask your healthcare provider for recommendations.

Charles Bonnet Syndrome

Charles Bonnet syndrome refers to the visual hallucinations caused by the brain's adjustment to significant vision loss. Research suggests that many people who suffer from Charles Bonnet syndrome do not consult their health care professional out of fear and embarrassment, as hallucinations are associated with stigma.

Basic tips for managing Charles Bonnet Syndrome:

- Move eyes back and forth or up and down 4-5 times.
- Blink several times or close your eyes.

- Reach out to touch the item/hallucination or sweep hand through it.
- Change the visual environment by going into a different room.
- Adjust the light in your immediate environment.
- Do something different that might help you focus elsewhere.
- Address stressors that might increase symptoms (stress, isolation, sensory deprivation, etc.)

It is important to talk to your health care professional or doctor when you experience these symptoms as there may be other causes of hallucinations that can be treated (psychiatric, pharmacological, infection, or delirium). In many cases, the hallucinations go away as the brain adapts.

Low vision products

There are many low and high tech products that are constantly being developed for people with low vision and blindness. Check out Youtubers like [The Blind Life](#) or [Carrie on Accessibility](#) to keep up to date.

CNIB has an online store, [SmartLife](#) where you can find many products.

Always check with your health care professional to see if there is funding available before making large purchases.

If you have old equipment that you are no longer using, consider donating it to a non-profit organization, support group, public library, or a retirement facility.

Signature Guide and Typoscopes

Typoscopes are a great writing and reading tool for people with vision loss. Black borders around the cutout opening focus your attention on the signature line or the text you're reading.

Bold Line Paper

Paper is widely spaced with thick, black lines on a white background, makes it easier for people with low vision to complete written tasks. Using markers or felt tip pens can help to increase contrast.

Raised tactile dots or Bump dots

Locator or bump dots are coloured raised foam or plastic dots with adhesive backing used to mark appliances, dials, computers, and keyboards.

- They are highly visible and tactile.
- Can help locate a specific setting on a dial, control, or device.
- Can be used on ovens and stoves, washer and dryer dials, thermostats, microwaves, phones, calculators, remote controls, and countless other applications.

Smart homes

Devices that can be controlled remotely through the internet (Alexa, Google home etc.). Many smart homes can connect to thermostats, doorbell, security cameras and lights. They can also be used to help with simple things like report the weather, read a recipe aloud or make a phone call.

Pouring Aid

A device that aids in filling containers, such as a glass or cup. The aid hangs on the edge of the container, and when liquid fills to specific level, the device produces an audible signal. This can be ideal for hot liquids.

Audio Labelers

Devices that enable people to label items in their environment with spoken audio labels. These labels can then be played back using a special reader or scanner, allowing the user to identify and locate the item more easily.

Around the house

- Ensure entryways and hallways are brightly lit and free of clutter.
- Night lights can help maintain visibility at night.
- Avoid patterned rugs and ensure they are secured firmly to prevent tripping.
- If you have pets, consider adding audible cue like a bell.

Stairways can become a hazard, especially with poor contrast.

- **Mark steps** with bright or reflective tape or with tactile markers (Bump Dots).
- Ensure staircases are **well lit**; use color-contrasting, non-skid treads.
- Paint handrails a contrasting color.

Bedroom

- **Stay organized.** Keep remote controls, reading glasses, and medications in a small tray with a lip at your bedside to avoid knocking items over and avoid clutter.
- **Remove area rugs** and other tripping hazards like slippers.
- Get a **bedside lamp** that you can turn on by clapping your hands or touching the base.
- Keep a **flashlight** next to the bed to use in the middle of the night or in emergencies.

Clothing organizing tips

- Ensure **appropriate lighting** is in place. Store a strong LED flashlight in cupboard or install motion sensor LED lights.
- Keep Drawers and closets **organized**- store off season clothes, clear up clutter, use bins to separate items.

- **Group clothing** by colour, occasion, type (pants, shirts). Socks can be paired together with clothes pins or commercial available products (Sock Locks).
- **Accessories** can be placed in bag and hung on hanger with a specific outfit. Can also be stored in bins or trays with contrasting colours.
- **Label** clothing with large print written tag attached to hanger or pinned to clothes.

Bathroom Tips

Contrast and Lighting

- Add **extra lighting** in the shower area for better visibility.
- Use solid-colored towels, washcloths, and bath mats that **contrast** with the bathtub, floor, and walls. When bath mat not in use in tub drape over the tub edge to mark its boundary.
- Choose non-skid mats in colors that **contrast** with bathroom surfaces to prevent slips and aid depth perception.
- Replace the toilet seat with one in a contrasting color to the toilet.
- Float a brightly colored sponge in the tub to help monitor water level.
- Transfer bath products (shampoo, conditioner, shower gel) into **brightly colored, tactile pump dispensers** to distinguish them easily or use a rubber band or tactile markers to differentiate similar bottles.

Safety

- If using **grab bars** near the toilet and in the shower/tub area, wrap them with bright, textured tape to increase visibility.
- Set water heater to a **medium temperature** to prevent burns.
- Use **faucets with separate hot and cold controls** or install **anti-scald devices**.

Personal Hygiene

- When completing **shaving and makeup** application, using a magnified mirror with light can be beneficial.
- When **brushing teeth**, add contrast by placing toothbrush on dark surface (facecloth). Put toothpaste on finger and then place on toothbrush to feel amount of paste. Another option is to put toothpaste directly in mouth. Toothpaste tablets are also an options.

Kitchen Tips

Lighting

- Install **under-cabinet lighting** below eye level to illuminate counters without causing glare.
- Installing motion sensor lights inside cupboards will help increase visibility.
- Ensure lighting is **even and glare-free**, especially around work areas like the sink, stove, and counters.

Contrast

- **Increase contrast** between tools, surfaces, and food to make tasks easier:
 - Use a **white cutting board** for dark foods (e.g., broccoli, carrots) and a **dark board** for light foods (e.g., onions, apples).
 - Choose **contrasting dishware and cups**—e.g., use dark mugs for milk and light mugs for coffee.
 - Avoid using clear glasses or dishes, which can be hard to see.

Tactile & Visual Markings

- **Label appliances and controls:**

- Use raised tactile markers, Bump Dots, Velcro or any tactile/bright marker, on stove dials, microwave buttons, and dishwasher controls.
- Mark frequently used settings (e.g., 350°F on the oven) with raised tactile dots or bright, contrasting stickers.
- For microwaves, mark the open button and key functions with tactile indicators.
- Mark food containers with larger print bold labels or use audio labeler.
- For **laundry** appliances-
 - A large-print, high-contrast template above the machine for easy reference.
 - Marking dials at key positions (e.g., “Light,” “Normal,” “Heavy”) with raised tactile cues.

Safety

- Use **elbow-length oven mitts** to protect arms when handling hot cookware.
- Pour liquids over a sink or tray to contain spills. For cold liquids, place a finger over the rim of the glass and stop pouring when the liquid touches your fingertip.
- Choose a **large-print kitchen timer** with high-contrast, raised numbers (e.g., white on black or black on white) or use Smart Home or Smart Phone to verbally set a timer.
- When cutting food during meal preparation, use contrasting cutting board and **Cut Resistant Glove**.
- Maintain a clean, clutter-free kitchen to minimize visual distractions and hazards.
- Close drawers and cupboards doors immediately after using to avoid bumping them.

Medication management

Taking medications at the appropriate time and appropriate dosage is essential to overall health and prevention of disease.

- Setup an area that you store and manage your medication. Use a **contrasting tray** and small contrasting containers to avoid losing medication.
- Talk to your pharmacist about **Blister Packs** to have your medication prepackaged. Add increased font size as needed (days and times). Can also organize medication into weekly organizers on your own.
- Talk to your health care professional about adapted **Glucose Monitors** and strategies for administration of **injectable medication** for low vision.
- Many **apps** are available on smart phones to help with taking medication on time.
- **Elastic bands** can be placed on individual bottles to symbolize the correct amount of pills to take (one pill, one band). They can be removed once pill is taken.
- Administering **Eye Drops** Can Be Challenging:
 - Your position matters—sit in a chair with back support and lean your head slightly backward.
 - Hold the dropper close to your eye without touching it. Gently pull down the lower eyelid, apply the drops, then close your eye and press gently near the inner corner (by your nose) for about one minute.
 - There are helpful **commercial aids** available, such as the AutoDrop Guide and Autosqueeze eyedrop bottle squeezer, which can make administration easier.

Work

- Use adjustable flex-arm and **gooseneck lamps** in areas where you will be reading, writing, and paying bills.
- Ask your bank about **large print and raised-line cheques**.
- Large print and talking **calculators, phones and clocks** are available for purchase.

Computer tips:

- Review the built-in accessibility features on your computer. You can often change the size of text and mouse pointer and magnify information. Adjust the display to your preference. You can often change how big the text and pictures appear.
- You may want to try software designed for people with vision loss. Some software can recognize spoken commands or change dictated speech into text (e.g. lilyspeech). Other software allows computers to speak text and read documents, e.g. ZoomText, Jaws, and NVDA. Talk to your health care professional to request an assessment to review options and to determine if you are eligible for funding.

Taking Visual Breaks

- Take **frequent short visual breaks** to reduce eye strain. Many apps are available to help keep track of this.
- Follow the **20-20-20 rule**: every 20 minutes, look at something 20 feet away for 20 seconds.
- Pair breaks with other healthy habits like stretching or drinking water.
- Plan longer breaks when doing extended reading or screen time.

Transportation

If you've been diagnosed with a low vision condition, it's possible you've learned that you are no longer able to drive. Driving cessation is probably one of the most difficult changes. There are specific medical criteria under the Ministry of Transportation and medical doctors and optometrists have a duty to report medical changes. Having a conversation with your health care provider can be helpful to become more knowledgeable about the process.

As you start these discussions, it's helpful to learn about the many transportation options that are available to you:

- Depending on the type of vision loss you have, it may be possible to continue driving with accommodations and vision devices like a Bioptic. Talk to your health care professional about perusing **driving accommodations**.
- Use **ride sharing services** or **taxi**. Talk to your health care professional about subsidies.
- Use local paratransit services such as **Access Bus**.
- Senior transportation services.
- **Public transportation** (bus) training with a Low Vision Specialist

Reading & TV

- Continue to enjoy reading through **large print, audio books, braille, eBooks, and digital magazines/newspapers**.
- Talk to a health care professional about **subsidized options** like the Daisy Reader.
- **Public libraries** have access to online audio books and large print books and provide training to navigate.

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KHSC is located on the ancestral lands and waters of the Anishinaabeg and Haudenosaunee.

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Transforming care, together™

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