SupportSight Foundation

Empowering Your Voice to Save Sight.

MAKE THE AMSLER GRID PART OF YOUR NORMAL HEALTH ROUTINE

The Amsler Grid is a fast, at-home vision check, that helps detect changes in central vision caused by **age-related macular degeneration (AMD).**

As a care partner, you can support your loved one by using this tool regularly together. It only takes a minute and is a reliable tool to help catch important changes in vision as they occur.

STEP-BY-STEP INSTRUCTIONS & TIPS

1. Choose a well-lit testing area.
Pick a place with bright, natural light to ensure visibility. Natural light is best. However, it is fine to use other light sources. **GRID ON REVERSE SIDE ➡**

2. Position the Grid correctly.
Secure the Grid on a flat, stable surface—like a refrigerator, wall, or bulletin board—at eye level. Sit or stand comfortably at arm's length.

> **TIP:** Avoid holding the Grid in your hand, as even small movements can affect the accuracy of the test.

3. Test one eye at a time.
Cover your left eye with your hand and keep your right eye open.

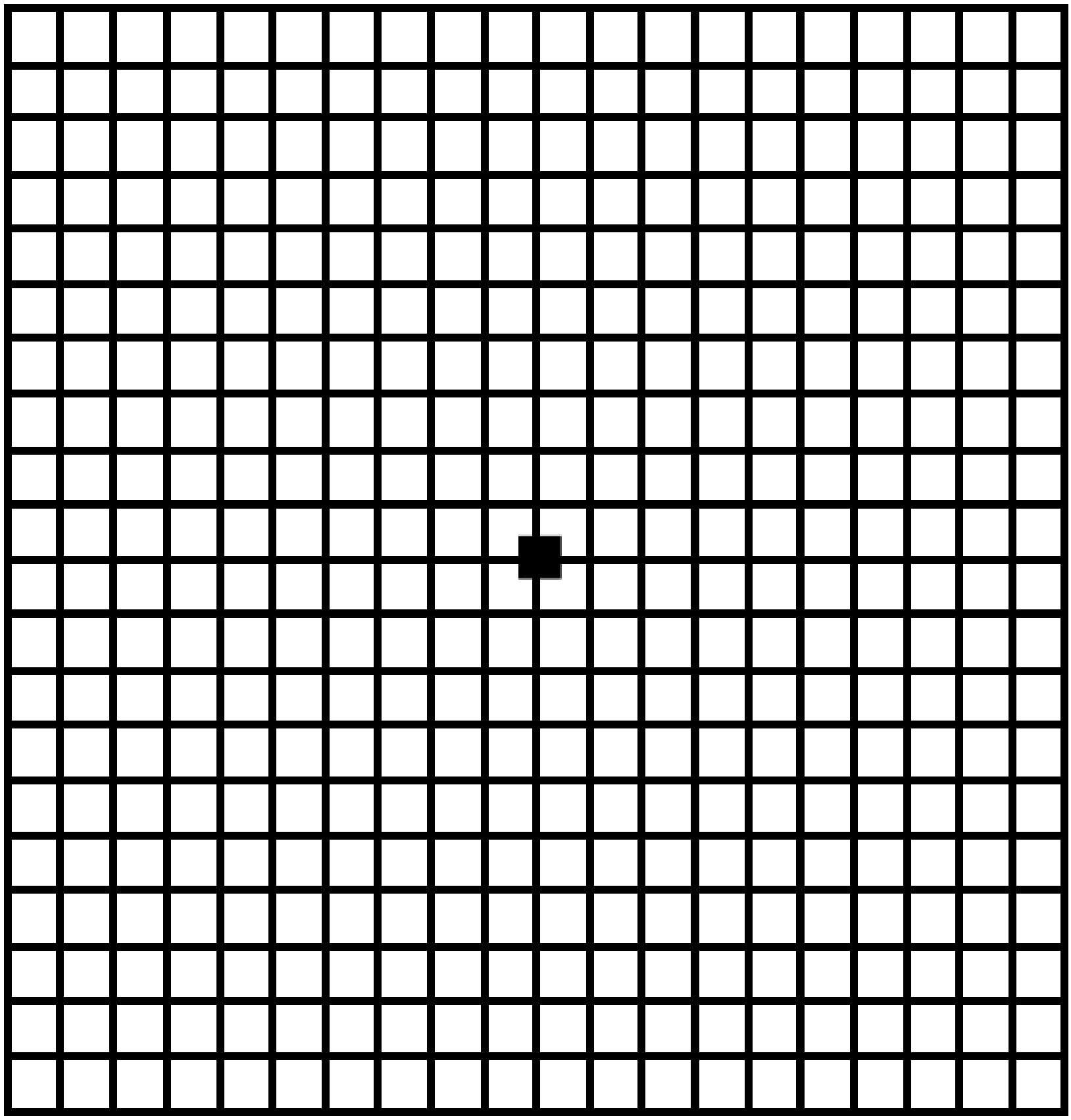
4. Focus on the center dot.
While covering one eye, look directly at the dot in the center of the grid. Focus for about 10 to 15 seconds. *Breathe*. *Relax*. *Inhale*. *Exhale*.

5. Repeat with the other eye.
Switch eyes—cover your right eye and repeat the same process with your left.

6. What to look for.
The Grid appears normal: straight lines, even boxes, no distortion and no color changes or movement. Vision changes from AMD can be subtle and gradual.

> **HELPFUL HINT:** Stay alert. Stay ahead. Stay consistent. Catch any shifts or potential problems early. Early detection can protect your sight and make a real difference.

7. If anything looks off—ACT.
If any part of the Grid appears wavy, blurry, dark, discolored, or missing, contact your eye doctor immediately.



Make it a Healthy Habit: Test each eye at least 3 times per week!
TIP: Test your eyes around the same time of day.

More helpful info:
supportsight.org & mymacdlife.org
For questions or additional support email us at info@supportsight.org

The Support Sight Foundation (TSSF) is a 501(c)(3) public charity # 83-1475951. All contributions are tax-deductible to the full extent of the law.

The official registration and financial information may be obtained from the PA Department of State PA ID# 115901. Call 800-732-0999. Registration does not imply endorsement.

We would be happy to provide you with a current audited financial report upon request.

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