

# Driving Tips for Monocular Individuals

Many newly monocular visioned individuals are concerned about their ability to drive. Singular Vision Outreach (SVOR) volunteers contributed these helpful suggestions to ease the uncertainty. Because of our individuality, a suggestion may work well for one person and not be helpful to another. SVOR hopes that you will find several helpful tips from this list that will get you back in the driver's seat.

## Devices for the Car

Devices can be added to your vehicle that help compensate for the loss. Most of the devices listed can be obtained from local auto part stores or auto part supply catalogs.

1. Have sideview mirrors on both sides of your vehicle.
2. Convex bubble mirrors can be a valuable addition to a sideview mirror, especially on trucks and vans. (Be aware that objects viewed are closer than they appear).
3. Obtain rearview mirrors that offer multiple or panoramic views.
4. Install curb feelers.
5. Back-up warning beepers can be installed to alert others to your actions.
6. Have a rear window wiper and rear window defogger.
7. Use window wipers with double or triple blades.
8. Install quartz halogen headlamps for increased night visibility.
9. Items such as hood ornaments, hoods with a center ridge, and antennas can be used as reference points on your vehicle to aid in lane position, location of curbs, etc.
10. A sunglasses case that mounts to the dash, provides a place for, and easy access to a good pair of sunglasses.
11. Clear, plastic lenses mounted in the rear windows of vans, allow the driver to view nearly straight down behind the vehicle.
12. Equip motorcycle helmets with a bubble face mask.
13. Liquid window treatments that repel water can be applied to windshields.
14. Do not put decals on windows.
15. Do not place stuffed animals held on by suction cups on your windows.

## Aids for the Driver

1. Purchase a good pair of sunglasses. Sunglasses with ultra-violet blocking lenses as well as neutral gray or green, polarized lenses can be purchased. Glasses should be the correct refraction. As your healthcare professions for advice on your specific needs.
2. Check with your doctor about glasses designed for night driving.
3. Avoid using photo grey lenses as they are slow to react to changes in light.
4. Never wear sunglasses at night.

## **Hints for Driving and Parking**

1. To enhance depth perception, as in viewing a photograph, consider larger objects as closer than smaller objects.
2. Objects that rapidly increase in size are getting closer. SLOW DOWN!
3. To maintain safe distances, be able to see pavement between the hood of your vehicle and the rear bumper of the vehicle in front of you.
4. Never switch lanes without turning your head. If unsure what is in your blind spot, avoid lane changes.
5. Stay in the middle lane of the highway to avoid merging and exiting traffic on your right. For those who have lost vision in the left eye, travelling in the far left lane can eliminate concern for cars on your limited sighted side.
6. Enlist the help of your passengers as spotters when navigating difficult driving situations.
7. Leaving windows slightly open can enable the driver to hear cars that may not be seen.
8. Hang a tennis ball from the roof of the garage so that it hits the windshield when the car is in the proper location.
9. Use a point of reference when pulling into a garage. Paint a mark on the side of the wall or use a window for a guide.
10. When parallel parking, sight the parking meter in your rearview mirror and use it as a reference point.
11. When parking a truck with a camper, use the handle on the camper shell as a reference point.
12. If use of mirrors is difficult when parallel parking, turn and raise your body to view the rear of the car when backing.

## **Safety Tips**

1. Know your vehicles capabilities and limitations. Avoid dangerous situations.
2. Keep windows and windshields clean and clear.
3. Keep wipers in good condition and washer tank full.
4. Avoid drinking from a glass or cup while driving. If you do drink, use a straw.
5. Slow down early for stop signs.
6. Travel on well lighted streets.
7. Avoid having tinted or smoked glass on your vehicle.

And informal survey concluded that monocular drivers have fewer accidents and if so they are usually minor. As one Singular Vision Outreach volunteer commented, *"I'm just like any other driver on the road. I've just taught myself to concentrate on my driving. I'm cautious and I leave margin for error"*.

Singular Vision Outreach is a non-profit organization. For more information write to:  
SVOR, PO Box 1451, Maryland Heights, MO 63043