

HOW to select Readers to give out at Screenings

Most people over 40 will need reading glasses. Our lenses grow thicker every year and are stiffer so they don't flex enough to focus comfortably. Most people are comfortable having ½ of their reading ability in reserve. At age 40 to read at 16 inches they need some help usually with 0.75 to 1.00 diopter of plus glasses (readers). Assume that they don't have any significant refractive error:

Here is a table to help decide how much add (power in readers) they need for each age range.

Age	Reading Add needed
40-43	+1.00
44-46	+1.50
47-50	+2.00
51-older	+2.50

You can give more or less (0.25) units if they are in the middle of the age bracket, but I am trying to keep it simple (e.g +2.25 for a 52 y.o. person).

If they have cataracts or poor vision they may want a stronger reader like +3.00 or +3.50 but will have to hold the material closer than 16".

If the person is Nearsighted they need less power as the myopia helps them read. Being a -1.00 myope means they have a built in +1.00 reading help so may not need readers till their mid 40s.

If the person is Hyperopic they will need readers before 40 as they need to accommodate for the amount of hyperopia in addition to that needed to read up close. A +1.00 hyperope will need readers around age 34-40.

When we get an autorefraction we can see the Spherical Equivalent (S.E.) (amount of refractive error) people need and can use that as a good starting point to adjust the glasses needed. For example if a person has a S.E of +2.00 you will need to add this to the power in the above table. For a 40 y.o. they might need a +3.00 reader (+1.00 for their age plus +2.00 for their refractive error at a distance).

Just start giving them the amount for age and offer them to try glasses 0.50 or 0.25 different (more or less). Most people usually like a bit more rather than less for comfort.

Give them the glasses power that is most "comfortable" for them to read using the reading card at 16" or wherever they like to hold it.