

How the Amsler Grid Helps You Monitor Your Own Vision at Home

The Amsler grid is one of the simplest tools in eye care, yet it plays a real role in catching changes to central vision early. It is a small grid of straight horizontal and vertical lines with a dot in the middle. By covering one eye and focusing on that central dot, a person can quickly check whether any of the surrounding lines appear wavy, broken or missing. For people already living with macular degeneration, or those considered at higher risk because of age or family history, checking the grid regularly at home offers a way to notice new changes between clinic visits. A sudden change, such as <https://www.retina-eye.co.uk/> as a line that suddenly appears distorted when it did not before, is a signal to contact an [click here](#) eye care professional rather than wait for the next scheduled appointment. It is worth stressing that the Amsler grid is a monitoring aid, not a diagnostic tool. It cannot replace a dilated eye exam or retinal imaging, and a normal result at home does not rule out early changes that a specialist might detect with proper equipment. Many retinal clinics provide printed Amsler grids to patients being monitored for AMD, along with simple instructions on how often to check and what changes should prompt a call.