

Appendix 7: Driving Tips for the Monocular Patient*

- I. Issue: Narrow, crowded streets, judging distances on either side of your vehicle and driving through.

Suggestions: Follow the automobile in front of you. If you have a passenger with you, ask them for their input. When alone, look ahead to make sure you have adequate clearance and concentrate all your attention close to the line of cars on your left. You may need to position your head out the window.

Drive close to the centerline. This should leave plenty of room between yourself and the parked cars. Project a “mental” centerline onto the street, if there is no centerline.

Frequent head movements to see around obstructions.

- II. Issue: Parking

Suggestions: If you have a passenger with you, ask them for their input. When alone, you may need to get out of your automobile to survey the situation and plan your maneuvers with precision. Or, try to find a wider slot or find a spot that is easier to pull in and back out of.

When pulling into a garage, one suggestion is to turn on your vehicles headlights, even in the daytime and watching the pattern the beam makes on the wall as you approach it. A curved line of light moves downward as you move closer to the wall. A marker (example: tape) can be placed to indicate the stopping point once the headlight reaches the marker.

Or, suspend a tennis ball, or object of your choice, from the ceiling of the garage and adjust the length of string until the ball touches the sloping windshield when your automobile reaches the desired distance from the wall ahead.

*Brady FB. A singular view: The art of seeing with one eye. 5th ed. Annapolis (MD): Frank B. Brady (self-published); 1994.