

# Low Vision

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Surabhi (Chikki) Rao, OT

# Low Vision -Objectives

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- How does Parkinsons affect vision
- What can OT do for low vision
- Be able to identify simple techniques to help with low vison
- How to get a referral for for OT services

# LOW VISION

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What is low vision ?

Low vision refers to vision loss that cannot be corrected by medical or surgical procedures . Low vision can affect one's ability to read, drive , recognize faces, move around, watch tv /use the computer.



# Low Vision Diagnoses

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The common causes of low vision include

- Age-related eye disease
- Parkinsons
- Stroke
- Acquired Brain Injury





## Low Vision Signs

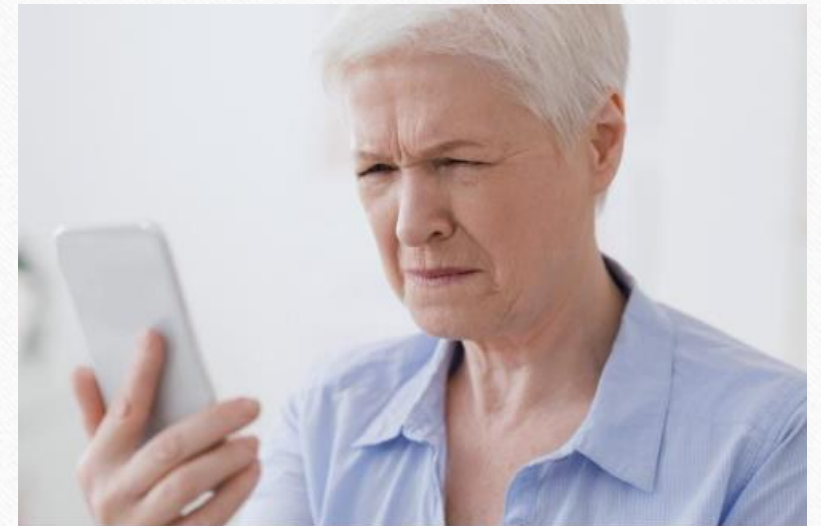
Some of the common signs of low vision are blurry vision, double vision , poor night vision ,difficulty seeing in low light, difficulty recognizing face , difficulty distinguishing colors, difficulty seeing things in the center of the eyes ,or difficulty seeing things on peripheral visual field.

# Low Vision - Neurological

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Common visual problems associated with neurological low vision

- Blurry vision
- Double vision
- Eye strain
- Sensitivity to light
- Focusing difficulties
- Scanning Difficulties
- Dry Eyes
- Attention and concentration difficulties



# Parkinsons & Vision Changes

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## How Parkinson's Disease Affects Eyesight



Double vision



Eye movement changes



Blurry vision



Dry eyes



Color vision changes

# Low Vision Interview Questions

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- Client's knowledge of vision impairments
- Last eye check up/corrective eye glasses/contacts
- What size print are you comfortable reading
- What areas of daily life are you having difficulty with
- Low vision questionnaire

# Low Vision OT Intervention

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- Education and training about their condition
- Training to use magnifiers and other assistive technology
- Training to use alternate viewing position
- Education and training to use technology (computer/tablet/ phone ) for zoom and magnification features
- Enhancing contrast
- Increasing light
- Eye exercises

# Optometrist

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- I usually recommend that patients go to see an optometrist for vision check ups.
- Find optometrist on COVD.ORG
- <https://locate.covd.org/>

# Low Vision Strategies

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- Access to corrective eye glasses/ magnifiers/clean eye glasses
- Organize and declutter space
- Increase lighting
- Increase contrast
- Relative magnification

## Low Vision Strategies

Access to corrective eye glasses/ magnifiers/clean eye glasses



## Low Vision Strategies

Increase lighting

Goose neck lamp increases visibility



# Low Vision – Accessible Content

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## Accessible Content

- Make the print larger 16-18
- Some examples of sans serif fonts include: Arial, Helvetica, Open Sans, Calibri, and Verdana
- Avoid fonts that are decorative , light and italicized
- Recommended line spacing is 1.5-2
- Avoid all block letters
- Provide high contrast

Contrast is critical to enhancing visual functioning for reading print as it is in environmental design. Print text with the best possible contrast.

Light lettering, such as white or light yellow, on a dark background may be easier to read than black lettering on a white or light-yellow background.

# Decrease Access for Reading

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*We would love for you to join us on April 22nd, Wednesday for a midday break to shower her with well-wishes!*

*To make celebration special, we're hosting a potluck lunch. If you would like to bring a dish to share, please sign up on the sheet in the breakroom.*

*Also in lieu of gifts, we are also collecting contributions for a group Gift card so they can use it to pick exactly what they need for the baby.*



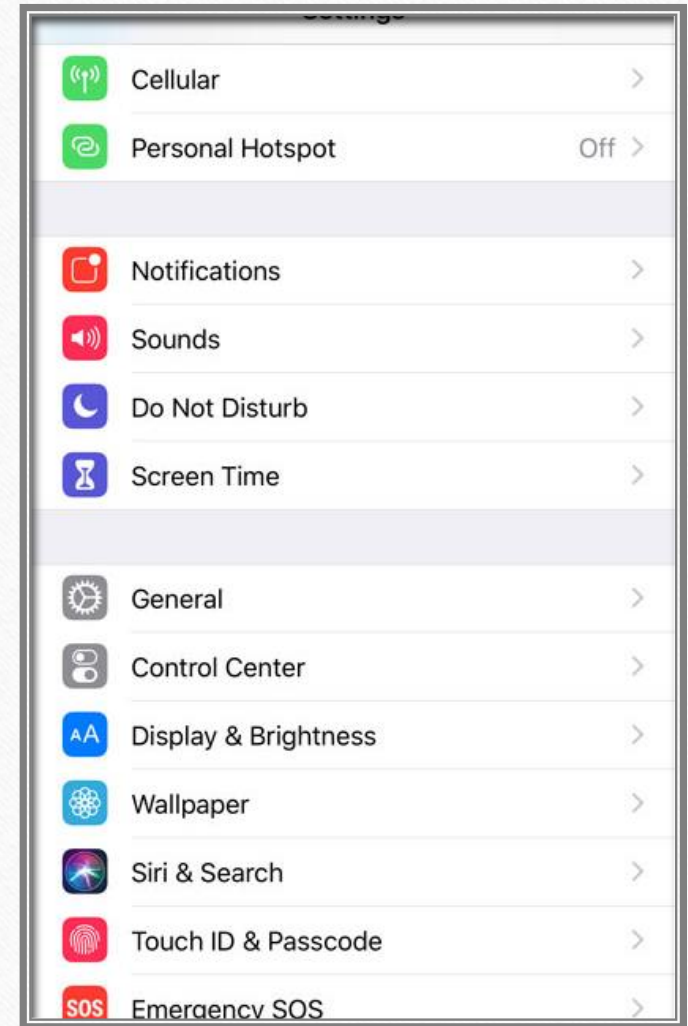
## Low Vision Strategies

Increase contrast sensitivity in daily activities

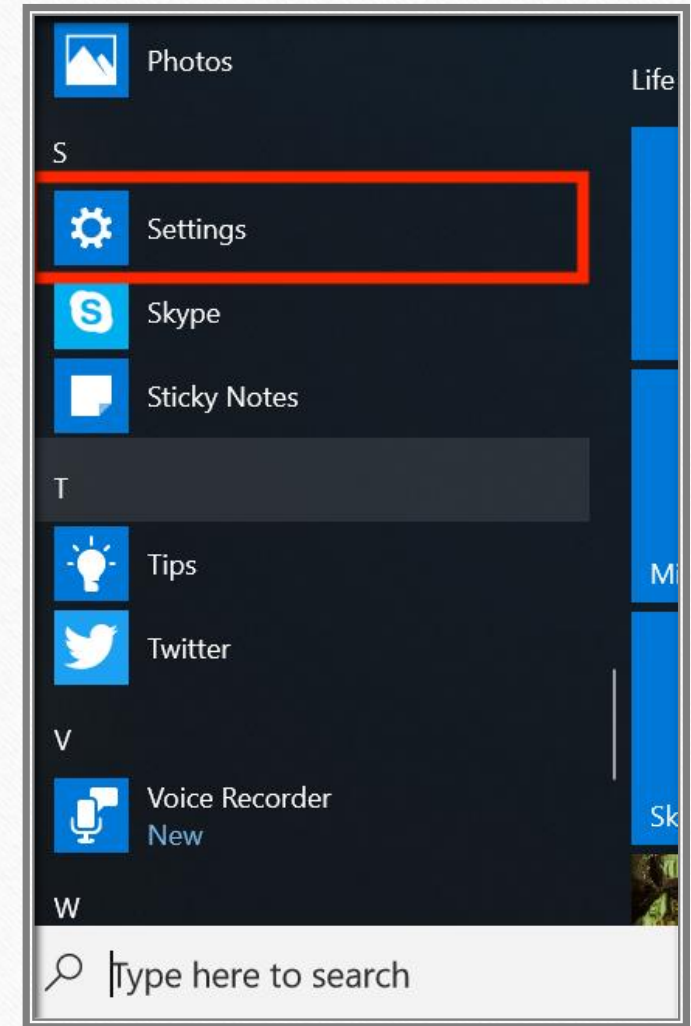
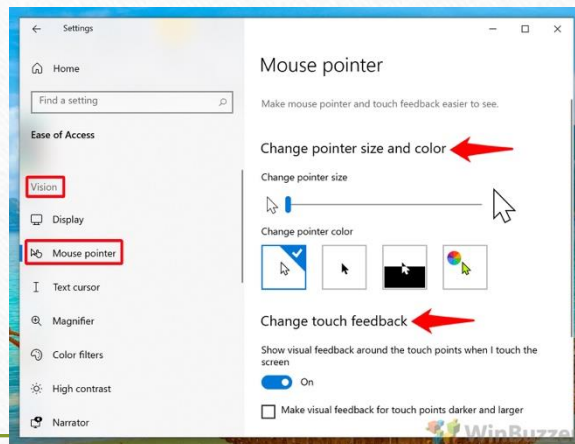
# Phone Settings

Phone Settings –Accessibility Setting

Display & Text Size



# Computer-Ease of Access Setting Microsoft





## Decrease clutter

Keeping the space and items well organized, everything a person with low vision needs at hand



## Contact Information

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