

Occupational Therapy Toolkit

Low Vision - Ocular

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Decreased visual acuity
Loss of contrast sensitivity
Loss of central vision
Loss of field of vision
Difficulty with glare
Environmental barriers
Falls risk
Fear of falling
Depression
Other symptoms and conditions - Charles Bonnet Syndrome

Assessments:

Functional assessment to determine how vision is affecting function

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
Teach compensation techniques for vision loss during daily living skills, communication skills and mobility

Hierarchy of compensation:

1. Facilitate use of remaining vision
2. Adaptations so less vision is required
3. Adaptations so no vision is required

Functional mobility training

Instruct patient in orientation and mobility techniques

Instruct caregivers to be a sighted guide

Facilitate use of remaining vision:

Instruct in strategies to facilitate the use of remaining vision (eccentric viewing techniques, scanning and page-orientation techniques)

Assess home safety and accessibility and provide environmental modifications and adaptations for eliminating glare, using appropriate lighting, and providing contrast

Occupational Therapy Toolkit

Low Vision - Ocular

Provide adaptations so less vision is required:

Train in the use of optical devices that enlarge objects (hand and stand magnifiers, reading glasses, binoculars and telescopes)

Train in the use of non-optical devices so less vision is required (enlarged clocks, timers, phone keys, large print books and playing cards, CCTV, electronic reading machines, computer magnification software)

Train in the use of non-optical devices that provide contrasts (bold-lined paper, bold-lined black pen, writing guides)

Provide adaptations so no vision is required:

Train in the use of non-visual devices to facilitate the use of other senses (talking books, radio information services, tape recorders, talking wristwatches and tactile markings)

Facilitate the development of the other senses and memory to compensate for vision loss

Educate regarding falls risk and prevention strategies

Educate patient and caregivers in disease process, availability of community resources and encourage participation in support groups

Patient Education:

1. Low Vision Mobility Tips
2. Low Vision Safety Tips
3. Low Vision Controlling Glare
4. Low Vision Using Contrast
5. Low Vision Lighting Guidelines
6. Low Vision Using Your Other Senses
7. Low Vision Techniques for Communication
8. Low Vision Techniques for Labeling and Marking
9. Low Vision Medication Tips
10. Low Vision Eating Techniques
11. Low Vision Money Management
12. Low Vision Kitchen Management
13. Low Vision Recreational Ideas
14. Falls Risks Assessment and Prevention Strategies
15. Home Safety and Accessibility Assessment

Occupational Therapy Toolkit

Low Vision - Ocular

Therapist Resources:

1. Low Vision Functional Vision
2. Low Vision Functional Reading

Websites:

1. Energy Dimensions Lights - www.energydimensions.com
2. Full Spectrum Solutions Lighting - www.fullspectrumolutions.com
3. Ott-Lite Lighting Technologies - www.ottlite.com
4. Independent Living Aids - www.independentliving.com
5. Maxiaids - www.maxiaids.com
6. Beyond Sight Aids - www.beyondsight.com
7. Eschenbach Optik Magnifiers - www.eschenbach.com
8. Jewish Guild for the Blind (Sighted Guide Booklet) - www.jgb.org
9. Jewish Guild for the Blind (Vision Simulator Card) - www.jgb.org
10. Melbourne Low Vision ADL Index - www.iovs.org
11. American Foundation for the Blind - www.afb.org
12. Eccentric Viewing - www.mdsupport.org
13. Self-Training in Eccentric Viewing - www.mdsupport.org