
BLINDNESS & LOW VISION

Unraveling the Mystery

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LEGALLY BLIND

VISUAL ACUITY

Visual acuity of 20/200 or less in the BEST CORRECTED eye.

VISUAL FIELD

A visual field of 20 degrees or less.

VISION LOSS IN CHILDREN



Cortical Vision Impairment

Retinopathy of Prematurity

Leber's Congenital Amaurosis

Stargardt

Retinitis Pigmentosa

VISION LOSS IN ADULTS



Macular Degeneration

Diabetic Retinopathy

Glaucoma

Cataracts

TBI/Stroke



Healthy Lens



Cataracts



NORMAL VISION
Vision remains intact



DIABETIC RETINOPATHY
Vision is obstructed by macular edema





Normal



Hemianopsia

LOW VISION THERAPY

K.I.S.S.

Keep it Simple, Silly!

- Unclutter
- Less pattern
- Don't rearrange
- Keep pathways clear



EMPATHY

VS

SYMPATHY

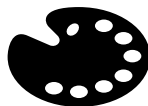
Coach
Educate
Support
Celebrate



LOW VISION MODIFICATIONS



LIGHTING



CONTRAST



MAGNIFICATION

LIGHTING

- The need for adequate lighting changes as we age
- Adults over 60 need 2-3 times more light than a 20-year-old
- Reading speed improved with increased lighting

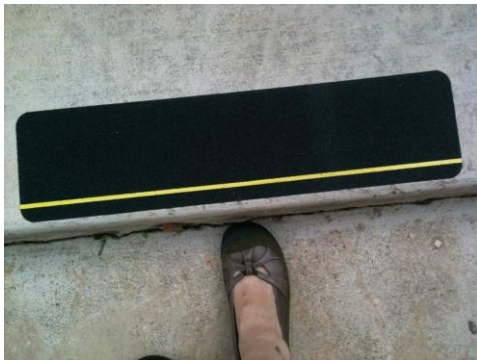


CONTRAST

- Reduced contrast sensitivity is part of normal aging (Duffy 2002).
- Increasing contrast can greatly improve what a client can see



CONTRAST



Areas of Focus:

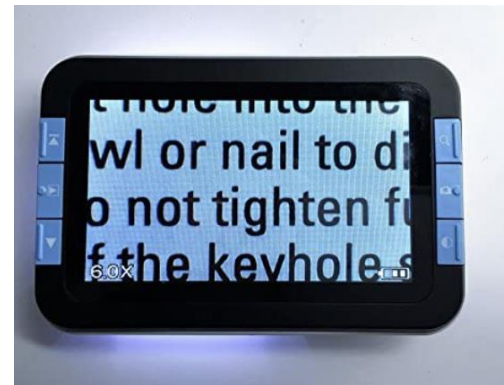
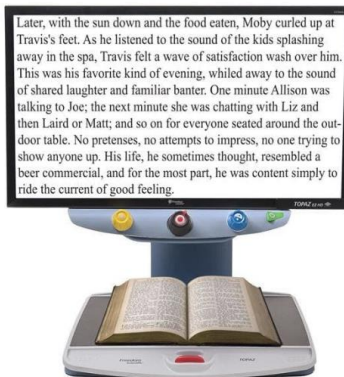
- Molding and trim
- Door handles
- Cabinet door & drawer pulls

COOKING

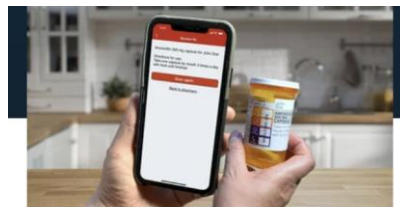


MAGNIFICATION

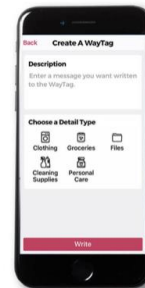
- Magnifiers
- Special glasses



TALKING DEVICES



Patients can scan their prescription labels through the CVS Pharmacy app and have their information read out loud. (CVS Pharmacy)



Orientation & Mobility

- Training is tailored to help clients meet individual goals
- Emphasis is placed on learning how to travel efficiently, safely, and independently



TRAVEL

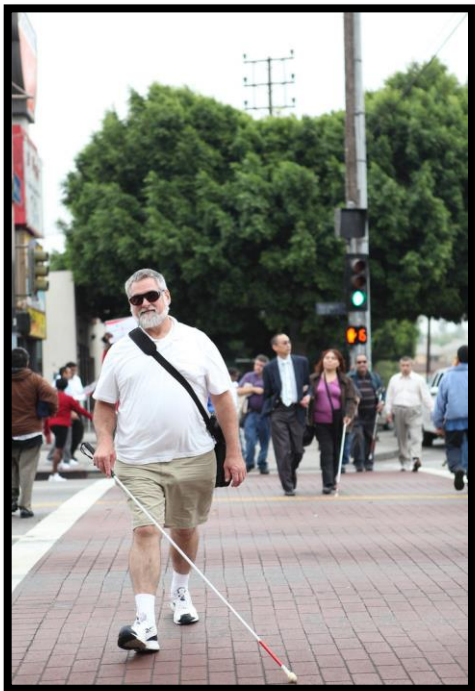


SAFETY



INDEPENDENCE

INSTRUCTION



- Self protection
- Human Guide
- Cane Techniques
- Non-Visual Skills
- Route Planning
- School/Workplace Travel
- GPS Technology

BENEFITS

INDEPENDENCE | SELF-CONFIDENCE | REAL WORLD EXPERIENCES



TRAVEL



GROCERY SHOPPING



DOCTOR VISITS



SOCIAL ACTIVITIES



**REDUCES ISOLATION
& DEPRESSION**

Case Study



- 74 years old
- Macular Degeneration
- Goals
- Reading
- Cooking
- Continue to meet weekly with friends for lunch
- Transportation
- Mobility Training

Case Study



- How Therapy helped:
- Increased Lighting- Client averaged 450 LUX with current direct light. Lighting was increased to 1200 LUX with LED Daylight bulb. Lighting was also changed in bathroom and closet areas
- Cooking devices (LLI, contrast cutting board and Ove Glove) and Bump Dots were added to microwave and Oven to increase independence with cooking
- Assistive Technology (wearable device) was donated to client. This device as well as a handheld 5x magnifier, allowed client to read her mail, cooking instructions, magazines, Bible and more.
- Orientation and Mobility- With this training and white cane, client can get out of her home more to; check the mail, sit out on porch, increase mobility independence outside of her home. Client uses Uber to get to/from her weekly luncheon with friends.

QUESTIONS?

THANK YOU

