

Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Save Your Vision

Did you know 80% of all visual impairments can be prevented or cured?

PRESERVING YOUR VISION

Eye health is something we do not always maintain, or even think about maintaining. As our eyes show signs of impairment, statistics say we are more likely to adjust our lifestyles to accommodate our new vision, rather than visiting our optometrists or ophthalmologists to have the issue diagnosed and treated. In all actuality, the earlier the issue is diagnosed and treated, the more likely you are to stop the progression of impairment, and **80% of all visual impairment can be prevented or cured!!**

SOME SIGNS OF EARLY IMPAIRMENT

- Difficulty recognizing faces of friends and relatives
- Difficulty reading, cooking, or crafting
- Difficulty picking out and matching clothing

TYPES OF IMPAIRMENT

Mild Vision Loss or Near-normal – Ability to have vision corrected

Low Vision – Inability to have vision corrected by glasses, contacts, medications or surgery; some light perception

The most common types of low vision are:

- Loss of Central Vision – a condition in which there is a blind spot in the center of one's vision
- Loss of Peripheral (side) Vision – an inability to see anything to either side and above or below eye level; central vision, however, remains intact
- Night Blindness – an inability to see in poorly lit areas such as a theater, as well as outside at night
- Blurred Vision – a condition in which objects both near and far appear out of focus
- Hazy Vision – a condition in which the entire field of vision appears to be covered with a film or glare

Blindness – little to no light perception

HOW CAN THERAPY HELP?

Occupational Therapists can determine how visual impairments limit a person's ability to complete specific daily tasks and then modify the task and/or environment to minimize or remove those limitations. Occupational Therapists also work with our clients to ensure they are using their remaining vision as efficiently as possible. This may include teaching a person with loss of central vision how to use another part of the retina to see letters more clearly when reading medication labels. Therapists are an essential part of a diverse group of caregivers that are committed to empowering individuals living with low vision to optimize their safety, independence, and quality of life.