

Vision is defined as the way and how we see and process things in our environment. A vision impairment may cause many difficulties in everyday activities, ranging from difficulty reading, blurry vision, headaches and becoming overstimulated with visual information.

## **Signs/Symptoms of Problems with Vision**

- Blurred Vision
- Squinting
- Double vision
- Defective vision in one half of the visual field
- Difficulties with shifting gaze quickly from one point to the other
- Difficulty with focusing
- Eye alignment
- Glare sensitivity
- Cannot make eye contact
- Squinting

## **Functional Impact with Vision Problems**

- Avoids visual tasks
- Difficulty with walking, driving, writing, financial management, cooking, cleaning
- Discomfort when performing visually tiring activities
- Difficulty identifying landmarks
- Misidentification of details, misread words, slower reading rate
- Emotional problems
- Difficulty with shopping
- Difficulty with eye-hand coordination
- Difficulty managing meds (reading labels)
- Difficulty measuring things
- Difficulty reading instructions
- Bumping into things
- Difficulty locating items in a store
- Squinting when looking at something
- Difficulty reading bills/financial statements
- Difficulty reading for long periods of time
- Difficulty with activities that require high demands of visual information processing (driving, reading, writing, sports)

## **Common Visual Symptoms in Individuals Who Have Experienced Blast Injuries**

- Sensitivity to light
- Unable to move both eyes inward to focus on an object and see one image



# Vision

- Unable for one's eyes to adjust from focusing on objects at changing distances (i.e., focusing on something close up and then quickly adjusting to seeing an object far away)
- Eyes unable to follow a moving target/ rapid eye movement, where one's eye focuses on one point after another
- Pupillary malfunction

## Components of Vision

- Visual Acuity
- Visual Field
- Eye Movements
- Visual Perception

## Treatments for Vision Problems

- Prism Glasses
- Tinted Glasses
- Eye Exercises
- Computerized Exercises
- Compensation Strategies

You can read more information about Vision after brain injury at:

<http://www.brainline.org/content/2009/07/introduction-to-vision-and-brain-injury-.html>