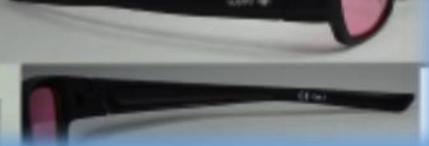
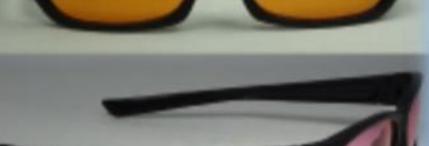


Visual Checklists



MILD - MODERATE VISUAL DIFFERENCES

These visual differences are indicated by the following symptoms which are particularly noticeable in the young or when they first begin to occur.

If many of these points apply to you or your child then you could benefit from tinted lenses.

Please check as many as apply to your situation.

Symptoms can include any or several of the following:-

- Frequent headaches or migraine which occur under bright or fluorescent lights or when reading.
- Eyes watery under bright lights or when reading.

May have difficulty reading or working:-

- under fluorescent lights.
- in bright light.
- in dim light.

Had/has difficulty in distinguishing letters/word:-

- On a blackboard/whiteboard.
- On a page.

Over time these problems may have got harder as the print in books got smaller or easier as the person adapted to the problems by relying on other skills i.e. memorizing.

MILD - MODERATE VISUAL DIFFERENCES continued

- Dislikes reading for pleasure.

When reading may:-

- Have physical problems as eyes could ache, hurt or feel scratchy, itchy or sore.
- Feel sick/nauseous or develop a headache/migraine.
- Have difficulty reading for long periods of time.
- Need to stop frequently/becomes tired quickly.
- Need to open eyes widely.
- Have to concentrate very hard
- Misread or combine words.
- Repeat words/lines and/or skip words/lines.
- Perceive the print as moving, swirling, blurry or changing shape
- Feel the background is glaring or dominant.

When writing may:-

- Have problems when copying (better with large print).
- Use large letters.
- Have difficulty keeping between the lines
- Run words together.
- Have to concentrate very hard.
- Need to stop frequently/becomes tired quickly.

MILD - MODERATE VISUAL DIFFERENCES continued

- The person may be considered clumsy OR have good or even excellent long distance vision.
- They may enjoy intricate work/tasks.

They may find any of the following difficult:-

- bright sunshine/lights
- going through tunnels or an avenue of trees
- driving - may drive too close to the rear of other cars or have frequent accidents
- parking a car
- night driving
- heights
- walking down stairs
- escalators
- looking through binoculars (difficulty indicates lack of convergence)
- playing sports

The person may: also-

- Have dyspraxia
- seem to be faceblind in certain situations
- Have difficulty recognizing people at a distance.
- Misinterpret facial expressions .

SEVERE VISUAL DIFFERENCES

Severe visual differences are indicated by the following symptoms which are particularly noticeable in the young or when they first begin to occur.

If many of these points apply to you or your child then you could benefit from tinted lenses.

Please check as many as apply to your situation.

- Eyes are watery under bright light
- Suffers from headaches/migraine
- Rubs, pokes or hits eyes
- Attracted to light sources; stares at the sun
- Looks at things with short quick glances
- Looks 'through' people
- Squints periodically
- Has bouts of blinking
- Waves fingers in front of eyes
- Prefers to use peripheral vision
- Finds eye contact difficult
- Seems startled when approached
- Is slow to recognize people at a distance
- Misinterprets facial expressions
- Has dilated or narrowed pupils

SEVERE VISUAL DIFFERENCES continued:

- Opens eyes wide/stares OR covers or shields one eye with his hand when looking at things/people
- Seems to be clumsy OR has gradually become more clumsy than before
- Looks at feet when walking
- Afraid of/has difficulty with heights i.e. goes downstairs one step at a time, has problems using escalators, stepping off a curb, going over bridges etc.
- May stumble/fall (or even take an unusually large step) when moving from one floor surface to another e.g. when going through doorways or going over a zebra crossing.
- Doesn't appear to look where going
- Bumps into things
- Totally unafraid of heights

Enjoys OR avoids:

- being in the dark
- bright lights
- going through tunnels
- walking down a corridor - may get close to the wall
- going through an avenue of trees
- night driving

SEVERE VISUAL DIFFERENCES continued:

Is fascinated with OR dislikes:-

- shadows, reflections
- certain colours, stripes/patterns
- small items eg bits of fluff

Is very adept OR has great difficulty:-

- picking things up
- catching a ball
- putting a peg/object in a slot/hole (especially if the hole is black)
- colouring within lines
- doing intricate work i.e. tapestry etc.
- creating extremely intricate designs

When writing:-

- has problems when copying (better with large print)
- uses large letters
- messy – may run words together
- stops frequently/becomes tired quickly
- shuts or rubs eyes

SEVERE VISUAL DIFFERENCES continued:

When reading:-

- misreads or combines words
- repeats words/lines
- skips words/lines
- has difficulty distinguishing letters/words on a blackboard, a whiteboard or on a page

Has:

- Hyperlexia
- Dyslexia
- Dyspraxia