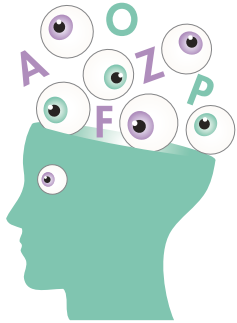


## Vision Training

### 3. Vision Training or Vision & Literacy Training



Any Vision Training Programme is a commitment to a series of weekly visits to the practice with daily homework that will run over a period of time that varies according to an individual's needs.

The idea of any training programme is to practice the skills that the individual finds difficult so that the skills become automated. An automated skill is one that you do not need to concentrate on or think about. This leaves mental effort and concentration to go into other areas of movement, understanding, comprehension or problem solving.

As an example remember learning to drive a car. How difficult it was to think of all the individual skills of using the clutch, brake, checking mirrors and paying attention to the streets and cars around you. Today you probably drove somewhere thinking of many things other than how you were driving the car. For you driving is an automated skill.

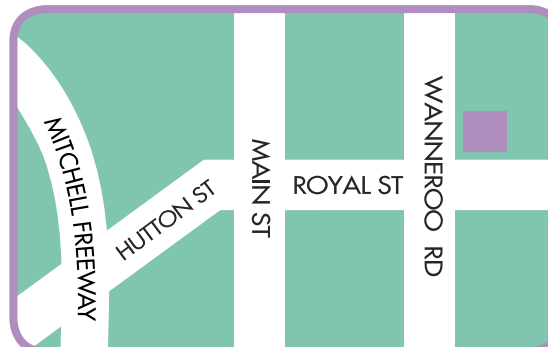
Vision Training Programmes assist the individual with those Visual Processing Skills or Visual Skills that they find challenging to help those skills to become automated. Some individuals must put so much effort into their Visual Skills and Visual Processing that it detracts from everything else that they are trying to do and learning cannot occur.



**THE FOCAL POINT**  
**OPTOMETRIST**  
*where vision and learning meet*

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## VISION IS MORE THAN JUST SIGHT

Sight is the ability to see things crisply and clearly. Vision includes sight, but involves so much more.



### Vision is involved in helping us to:

- Move when we walk.
- Judge speed and distance when we drive.
- Be aware of peripheral movement when we play sport.
- Guide our pencil when we write.
- Know what sounds to say when we see writing on a page.
- See images in our head when we think or read which helps us to plan and create.
- Remember in our mind's eye words, pictures or surroundings that we have seen before.

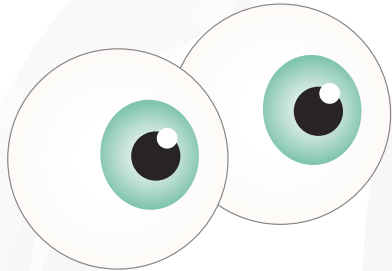
**You can see then how problems with vision may lead to difficulties with reading, writing, spelling, attention and behaviour.**

**A standard sight test may not be comprehensive enough to pick up problems with vision.**

# Vision is more than just Sight

At The Focal Point Optometrist assessing your Vision may involve one or all of the following:

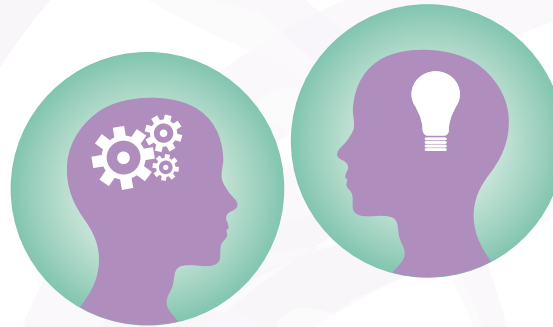
## 1. Testing Visual Skills



Sight and the health of the eyes will be checked as well as assessing the ability of the eyes to move, focus and team together easily and efficiently. If you are experiencing any of the difficulties below you may be experiencing problems with your Visual Skills.

- Headaches
- Sore eyes
- Tired eyes
- Red eyes
- Watery eyes
- Excessive blinking
- Rubbing of the eyes
- Covering one eye
- Squinting
- Periods of blurry vision
- Slow copying from a board
- Holding books very close
- An inward or outward turning eye on occasion or constantly – particularly when tired
- Skipping or jumping of words and lines when reading
- Using a finger to read
- Avoiding reading
- Clumsy with objects
- Tripping or falling over frequently

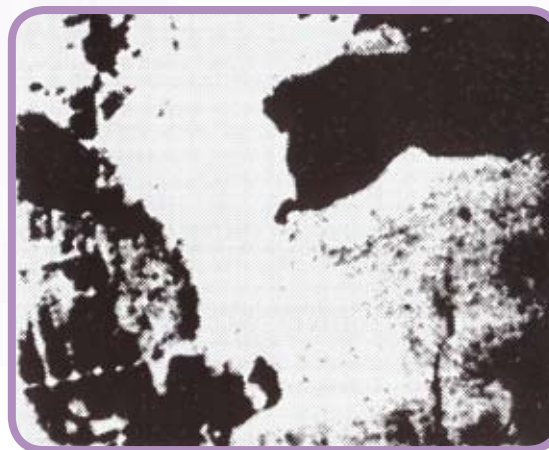
## 2. Testing Visual Processing Skills



Vision Processing is how your brain understands the pictures that are constantly streaming through from the eyes.

Have a look at the image below. Two people can look at the same picture but not see the same thing.

What do you see in this image?



Hint: Moo!

If you are experiencing any of the difficulties below, you may be experiencing problems with your Visual Processing:

- Poor organisation on a page
- Reversals of numbers, letters or words
- Poor handwriting
- Problems with sight words
- Poor spelling
- Poor letter or word recognition
- Not recognising the same word in the next sentence
- Constantly re-reading the text to gain meaning
- Poor attention
- Poor comprehension
- Reading and writing skills that do not match maths ability
- Dropping of school performance for no apparent reason
- Avoidance or disruptive behaviours during class
- Difficulty following a series of instructions
- Learning Difficulties
- Dyslexia
- ADD or ADHD

**After the Visual Skills and/or the Visual Processing have been tested a programme of Vision Training or Vision & Literacy Training may be recommended.**