

Life After Stroke

Dealing with Visual Changes

General Tips

- ▶ See an eye doctor as soon as possible to detect vision changes of which you might be unaware.
- ▶ Increase visibility of task/environment.
 - Increase contrast: light on dark, or dark on light.
 - Decrease background patterns.
 - Remove overlay of patterns, shadows and reflections.
 - Manage glare with appropriate sunglasses and other tinted lenses.
- ▶ Organize: Decrease clutter and create work stations.
- ▶ Simplify tasks: Eliminate complex tasks requiring vision. For instance, instead of dialing 10-digit phone numbers, consider having your phone set up for one- or two-digit speed dialing.

Considerations for Reading Printed Materials

- ▶ Mark the edge of print contrasting color such as red, to help navigate page to read.
- ▶ If using bifocals, have a second pair of reading glasses nearby if needed.
- ▶ Increase visibility of reading material.
 - Use appropriate lighting.
 1. Use even illumination.
 2. Use higher-watt bulbs.
 3. Minimize glare from windows, glass surfaces, white walls, etc.
 4. Use a gooseneck lamp or over-the-shoulder light fixture to illuminate reading material.

Considerations for Digital Materials

- ▶ Adjust settings for good contrast and bold, enlarged print.
- ▶ Consider using fonts that are easier to read (sans serif).
- ▶ Adjust the screen setting for brighter or cooler lighting according to your preference.

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Considerations for Handwriting

- ▶ Slow down and write slowly.
- ▶ Increase visibility of the writing surface.
 1. Rotate paper.
 2. Maximize contrast and illumination.
 3. Place the light on opposite side of the writing hand.
 4. Use bold marker.
 5. Use bold-lined paper.
 6. Mark the end of the line with ruler to indicate stopping point.

Considerations for Mobility

- ▶ Have family and friends approach you on side with intact vision.
- ▶ Use wider head turns.
- ▶ Increase head and eye movement.
- ▶ Use an organized, efficient search pattern.
- ▶ Increase attention to visual details.
- ▶ Pad sharp corners of furniture or counter tops.
- ▶ Mark furniture and cabinets with tape for higher contrast.
- ▶ Keep furniture in the same place and replace moved items to their spot.

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