

LOW VISION REHABILITATION

WHAT IS LOW VISION?

Low vision is a chronic medical condition. These individuals are not blind. They have remaining useable vision, but have difficulty performing basic activities of daily living such as grooming, kitchen activities, bill paying, and shopping. They may also have difficulty judging depth on stairs, curbs, dialing telephones, identifying food, clothes, labels, dials and knobs.

COMMON CAUSES

Macular Degeneration
Diabetic Retinopathy
Glaucoma
Cataracts

One in six adults over the age of 45 are. . .
90% can change that!!!

GOAL OF PROGRAM

To instruct and train the low vision patient to use their remaining vision and modify their activities and environment. This will allow them to regain their independence and safely accomplish daily activities and hobbies.

COMPONENTS OF THE PROGRAM

Through the use of education, exercise and adaptive equipment, our low vision specialists will assist the patient with the following:

- Locate, establish and proficiently use the PREFERRED RETINA LOCUS (PRL), that area of the retina that takes over when the fovea (macula) is damaged.
- Develop ECCENTRIC VIEWING techniques, a shifting of the eye to use the PRL.
- Teach the patient to use their remaining vision.
- Help modify activities to increase independence.
- Assist in the process of getting appropriate adaptive equipment.
- Instruct in the use of adaptive equipment to compensate for decreased vision.
- Modify their environment to increase safety and independence.
- Offer participation in support groups and community resources.
- Therapy sessions typically run 2 – 3 days/week for 4 – 12 weeks.

COVERAGE

Medicare covers this program. Contact other insurance companies to find out if your policy may cover this program.



**ST. JOHN PHYSICAL
REHABILITATION**

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