



VISION THERAPY AT HOME

## **We can SEE it now: This is the start of something big.**

Great! You've completed our Symptom Checklist. This is an exciting step toward helping you or your child succeed in school, work, sports, and life.

We've already started the ball rolling by producing the personalized report below. This report covers the following:

- Your individual score
- A quick overview of the four areas of functional vision (did you know there are four?)
- A detailed breakdown about each area

## **SARAH'S SCORE: 94**

**0-25**

**26-35**

**35-60**

**61+**

**Possible Visual  
Problem**

**Probable Visual  
Problem**

**Definite Visual  
Problem**

**Severe Visual  
Problem**



## **Here's what your results mean:**

Based on the information you provided, Sarah has symptoms that suggest a SEVERE problem with functional vision. Remember—functional vision is different from eyesight. You can have 20/20 eyesight and still face serious functional vision problems.

Concerned about your results? Don't panic—problems with functional vision are extremely common, and they're also treatable. You did a wonderful thing by taking this step.

Read on to find:

- Your personalized results
- Which symptoms relate to which area of functional vision
- How Vision Therapy at Home can help

**Ready? Let's Go!**



skipping lines/words

- Poor hand/eye coordination

## **What can Vision Therapy at Home do for me?**

VTAH can help you or your child become faster, more efficient readers—and that opens the door to enjoying reading. VTAH can also improve sports performance.

- Make errors when copying
- Difficulty tracking moving objects
- Clumsiness or poor coordination
- Restless when working at a desk
- Losing awareness of surroundings when concentrating
- Feel sleepy while reading
- Dislike tasks requiring sustained concentration
- Car sickness or motion sickness
- Excessive blinking
- Excessive eye rubbing
- Dry eyes
- Watery eyes
- Sensitivity to light

**\* Many symptoms relate to more than one area of functional vision.**

# Focusing

## What is focusing?

**FOCUSING** is the ability of the eyes and brain to work together to produce a clear image of an object, maintain that clarity, and allow you to switch back and forth between distances with ease (such as looking from your notebook up to the chalkboard—or from your phone up to the TV!).



## What does poor eye focusing mean for me?

People with poor eye focusing often face symptoms including:

- Headaches
- Excessive blinking
- Poor stamina with homework
- Inattention
- Difficulty copying from the board in school

## What can Vision Therapy at Home do for me?

VTAH can help you or your child reduce or eliminate headaches; improve stamina and comprehension with homework and reading; and enhance focus and attention.



**Focusing  
represents  
20% of your overall  
symptoms.**

## Here are the symptoms you checked:

- Substitute words while reading or copying
- Close (within 7-8") to reading and/or writing material
- Headaches after intense visual activities such as reading or computer work
- Eyes hurt or feel tired after close work
- Unusually tired after completing a visual task
- Vision blurs at distance when looking up from near work
- Print moves or goes in and out of focus when reading
- Make errors when copying
- Clumsiness or poor coordination
- Restless when working at a desk
- Losing awareness of surroundings when concentrating
- Feel sleepy while reading
- Dislike tasks requiring sustained concentration
- Car sickness or motion sickness
- Excessive blinking
- Excessive eye rubbing
- Dry eyes
- Watery eyes
- Sensitivity to light

**\* Many symptoms relate to more than one area of functional vision.**



- Lack of coordination
- Poor depth perception

## What can Vision Therapy at Home do for me?

VTAH can increase your eyes' "stamina" for handling up-close tasks, such as homework and reading. This can improve concentration and comprehension.

VTAH can also improve hand-eye coordination which can improve overall coordination.

- or focus when reading
- Letters or lines "run together" or words appear to "jump" when reading
- Make errors when copying
- Difficulty tracking moving objects
- Clumsiness or poor coordination
- Restless when working at a desk
- Losing awareness of surroundings when concentrating
- Feel sleepy while reading
- Dislike tasks requiring sustained concentration
- Car sickness or motion sickness
- Excessive blinking
- Excessive eye rubbing
- Dry eyes
- Watery eyes
- Sensitivity to light

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# Visual Processing

## What is visual processing?

**VISUAL PROCESSING** is the brain's ability to understand what you see and apply meaning to it. This is an essential part of learning, and it impacts areas such as handwriting, spelling, reading comprehension, and other perceptual skills.

p b d q

## What does poor visual processing mean for me?

People with poor visual processing often face symptoms including:

- Tendency to mix up letters such as “p” and “q;” and “b” and “d”
- Poor spelling
- Difficulty remembering math facts
- Problems learning new concepts
- Confusion over left vs. right, and trouble with directions

## What can Vision Therapy at Home do for me?

VTAH can help you or your child improve ability to learn new concepts (which makes a big difference in enjoyment of school and work!); reduce or eliminate confusion over letters and words; improve math recall and memory; and enhance sense of direction.



**Visual Processing  
represents  
20% of your overall  
symptoms.**

## Here are the symptoms you checked:

- Substitute words while reading or copying
- Reverse letters, numbers or words
- Crooked or poorly spaced writing
- Misalign letters or numbers
- Make errors when copying
- Clumsiness or poor coordination
- Restless when working at a desk
- Losing awareness of surroundings when concentrating
- Dislike tasks requiring sustained concentration
- Confuse right and left directions
- You must feel things to “see” them
- Poor word recall & recognition
- Uses fingers to count for math
- Does not know math facts automatically
- Unable to remember a series of tasks

**\* Many symptoms relate to more than one area of functional vision.**