

Not Just for Kids!



Vision Rehabilitation Therapy can provide great benefit not only to children, but to adults as well. Adults suffering visual problems relating to stroke, Parkinson's disease or other neurological disorders, or even age-related problems, may find that Visual Rehabilitation Therapy improves driving skills, coordination and balance, and self-confidence.

What The Current Research Says : Visual rehabilitation therapy has been proven to be a remarkably effective tool in helping children and adults with learning-related visual problems. Dozens of experimental studies involving thousands of children and adults demonstrate that the enhancement of visual skills through visual rehabilitation therapy results in easier learning, rising reading levels, and people who are more confident and have higher self-esteem. A 2008 study at the Mayo Clinic, funded by the National Institutes of Health, proved conclusively the benefits of a structured, office-based vision therapy program to correct visual deficiency.

Vision in a Child With Autism/PDD

Don't neglect the vision of a child with autism/PDD. Very often vision problems are undiagnosed in a child with autism, because the child cannot verbalize his or her experiences, or a visual examination might be difficult to perform, or the school has reassured the parent that the child's vision is "20/20". If a child with autism has illegible handwriting, is clumsy, is uncooperative, or is disruptive in class, too often we assume it is just "autistic behavior". How many of the behavioral characteristics that are diagnostic for autism are really symptoms of visual functioning deficits? Parents need to find out, and correct any deficits that exist. Visual Rehabilitation Therapy can help in that effort.



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Visual Rehabilitation Therapy

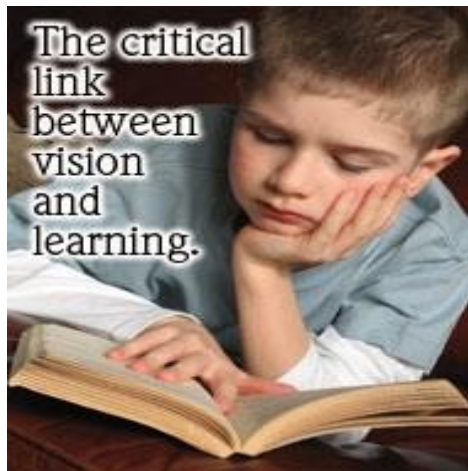


**Help for children
and adults with
disorders of visual
functioning**

**The NeuroSensory Center
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What is the Vision Rehabilitation Therapy Program?

If your child is struggling with reading even though you know he or she is intelligent, it could be the result of a hidden and undetected visual skills deficiency. Poor visual skills are the most overlooked reason why a child struggles in school. Research shows that 80% of children who are reading disabled have a visual skill deficiency. Even if the eye doctor says that your child has "20/20 vision", he or she may have poor visual skills. Very few eye doctors have the specialized training needed to detect and to treat these vision-related reading and learning problems.



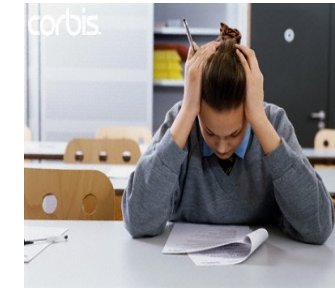
According to the American Optometric Association, about 1 in 4 children suffer from inadequate visual abilities. Unfortunately, most children with these vision disorders rarely complain or tell others, because they don't even know that they have a problem. While some of these problems could be helped with glasses or contacts, most of these problems in the functioning of the visual system can be appropriately treated with optometric vision rehabilitation therapy.

Visual Skills That Can Be Strengthened Using The Vision Rehabilitation Program:

- **Tracking.** The ability to follow a moving object smoothly and accurately with both eyes, such as a ball in flight, moving vehicles in traffic, or the teacher writing on the board.
- **Fixation.** The ability to locate and inspect stationary objects, one after the other, such as moving from word to word when reading.
- **Focus change.** Also called accommodation, this is the ability to look quickly from far to near and back again without blur, such as looking from the chalkboard to a book, or from the dashboard of a car to vehicles on the street.
- **Depth Perception.** The ability to judge relative distances of objects, and to see and move accurately in space, such as hitting a ball, parking a car, or accurately grasping objects.
- **Peripheral Vision.** The ability to notice and perceive information that is happening all around you, even though you are focusing on something directly in front.
- **Binocularity.** The ability to use both eyes together, smoothly, and accurately.
- **Maintaining Attention.** The ability to keep doing any particular skill or activity with ease.
- **Convergence.** The ability of the eyes to turn toward each other when doing close work.
- **Visualization.** The ability to form mental images in your "mind's eye", retain or store them for future recall.
- **Visual-Sensory Integration.** The ability to accurately combine visual information with movement, touch, balance, hearing and other sensory data.

What Happens if Visual Skills are Deficient?

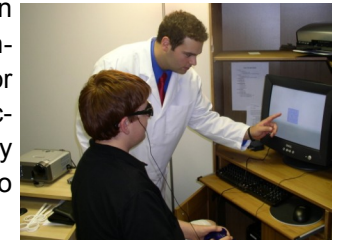
Many cognitive, behavioral and emotional problems can result from poor visual skills. For example, with poor binocularity, one eye may locate an object in one place and the other eye may tell the brain that the object is somewhere else. These confusing signals can result in headaches, fatigue, lack



of attention, and anxiety or depression. Poor reading ability is expected as well, including losing one's place while reading, slow reading, re-reading words or lines, and difficulty understanding or recalling what has just been read.

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Vision Rehabilitation Therapy is a highly effective non-surgical treatment for many common visual problems that are often misdiagnosed as reading and learning disabilities, ADD, ADHD, and dyslexia. Vision therapy can also improve function for individuals with acquired brain injury and help athletes to improve their game.



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