
Professional Certificate in Occupational Therapy in Visual Impairments

Low Vision Rehabilitation

Low Vision Rehabilitation is a specialized area of occupational therapy that focuses on helping individuals with visual impairments to maximize their remaining vision and maintain their independence in daily activities. In this explanation, we will discuss key terms and vocabulary related to Low Vision Rehabilitation in the context of the Professional Certificate in Occupational Therapy in Visual Impairments.

1. **Visual Impairment:** Visual impairment is a condition that results in a significant loss of visual function, including partial sight and blindness. Visual impairments can be caused by a variety of factors, including eye diseases, injuries, and congenital conditions. Visual impairments can affect an individual's ability to perform everyday activities, such as reading, writing, and mobility.
2. **Low Vision:** Low vision is a visual impairment that cannot be corrected with glasses, contact lenses, or surgery. Individuals with low vision have a visual acuity of 20/70 or worse in their better eye, even with corrective lenses. Low vision can affect an individual's ability to perform daily activities, such as reading, writing, and mobility.
3. **Visual Acuity:** Visual acuity is a measure of an individual's ability to see fine details at a specific distance. Visual acuity is typically measured using a standard eye chart, such as the Snellen chart. Visual acuity is expressed as a fraction, with the numerator representing the distance at which the test is performed, and the denominator representing the distance at which a person with normal vision can read the same line.
4. **Contrast Sensitivity:** Contrast sensitivity is a measure of an individual's ability to distinguish between objects of different shades of gray. Contrast sensitivity is an important factor in low vision rehabilitation, as it can impact an individual's ability to perform daily activities, such as reading and mobility.
5. **Functional Vision:** Functional vision refers to an individual's ability to use their remaining vision to perform daily activities. Functional vision is evaluated through a variety of tests, including visual acuity, contrast sensitivity, and visual field testing.
6. **Visual Field:** Visual field is the total area that can be seen while looking straight ahead. Visual field testing is used to assess the extent of an individual's peripheral vision.
7. **Occupational Therapy:** Occupational therapy is a health profession that focuses on helping individuals to perform daily activities and achieve their goals. Occupational therapists use a variety of interventions, including adaptive equipment, training, and environmental modifications, to help individuals with visual impairments to maximize their remaining vision and maintain their independence.
8. **Low Vision Rehabilitation:** Low vision rehabilitation is a specialized area of occupational therapy that focuses on helping individuals with visual impairments to maximize their remaining vision and maintain their independence in daily activities. Low vision rehabilitation includes a variety of interventions, including adaptive equipment, training, and environmental modifications.
9. **Adaptive Equipment:** Adaptive equipment is any device or tool that is designed to help individuals with visual impairments to perform daily activities. Examples of adaptive equipment include magnifiers,

telescopes, and large-print keyboards.

10. Training: Training is an important component of low vision rehabilitation. Occupational therapists provide training on the use of adaptive equipment and strategies for performing daily activities with low vision.

11. Environmental Modifications: Environmental modifications are changes to an individual's environment that are designed to make it easier for them to perform daily activities with low vision. Examples of environmental modifications include improving lighting, reducing glare, and rearranging furniture.

12. Task Analysis: Task analysis is the process of breaking down a task into its component parts. Occupational therapists use task analysis to identify the specific visual demands of a task and develop strategies for performing the task with low vision.

13. Visual Skills: Visual skills are the abilities that allow individuals to use their vision effectively. Examples of visual skills include visual tracking, fixation, and accommodation.

14. Visual Perception: Visual perception is the ability to interpret and make sense of visual information. Visual perception includes a variety of abilities, such as visual discrimination, figure-ground perception, and visual memory.

15. Orientation and Mobility: Orientation and mobility is the ability to move safely and independently in the environment. Occupational therapists may provide training on orientation and mobility skills, such as using a white cane, to individuals with low vision.

16. Assistive Technology: Assistive technology is any device or software that is designed to help individuals with disabilities to perform daily activities. Examples of assistive technology for individuals with low vision include screen readers, text-to-speech software, and voice recognition software.

17. Rehabilitation Team: The rehabilitation team is a group of professionals who work together to provide comprehensive services to individuals with visual impairments. The rehabilitation team may include occupational therapists, orientation and mobility specialists, low vision specialists, and social workers.

18. Low Vision Specialist: A low vision specialist is a professional who is trained to evaluate and manage low vision. Low vision specialists may provide prescription glasses, magnifiers, and other low vision devices.

19. Visual Impairment Services Act (VISA): The Visual Impairment Services Act is a federal law that provides funding for state programs that serve individuals with visual impairments. VISA programs provide a variety of services, including low vision rehabilitation, orientation and mobility training, and independent living skills training.

20. Americans with Disabilities Act (ADA): The Americans with Disabilities Act is a federal law that prohibits discrimination against individuals with disabilities. The ADA requires that public accommodations, such as schools, hospitals, and businesses, provide equal access to individuals with disabilities, including those with visual impairments.

In conclusion, low vision rehabilitation is a specialized area of occupational therapy that focuses on helping individuals with visual impairments to maximize their remaining vision and maintain their independence in daily activities. Key terms and vocabulary related to low vision rehabilitation include visual impairment, low vision, visual acuity, contrast sensitivity, functional vision, visual field, occupational therapy, low vision rehabilitation, adaptive equipment, training, environmental modifications, task analysis, visual skills, visual

perception, orientation and mobility, assistive technology, rehabilitation team, low vision specialist, Visual Impairment Services Act (VISA), and Americans with Disabilities Act (ADA). Understanding these terms and concepts is essential for occupational therapists who work in the field of low vision rehabilitation.