DISCOVER
VISION THERAPY

To assist the doctor in evaluating your visual skills please grade each of the following questions below. Once completed, save and email to mawani@discovervisiontherapy.com.

☐ **I have had a medical diagnosis** (check box if true) My brain injury was: years ago.

☐ **I suffered a brain injury without medical diagnosis** (check box if true)

Current age:

Please rate each behaviour:

1 – Never 2 – Rarely 3 – Occasionally 4 – Often 5 – Always

Eyesight Clarity

- 1. Distance vision blurred and not clear - even with lenses.
- 2. Near vision blurred and not clear - even with lenses.
- 3. Clarity of vision changes or fluctuates during the day.
- 4. Poor night vision / can't see well to drive at night.

Visual Comfort

- 5. Eye discomfort / sore eyes / eyestrain.
- 6. Headaches or dizziness after using eyes.
- 7. Eye fatigue / very tired after using eyes all day.
- 8. Feel 'pulling' around eyes.

Doubling

- 9. Double vision - especially when tired.
- 10. Have to close or cover one eye to see clearly.
- 11. Print moves in and out of focus when reading.

Light Sensitivity

- 12. Normal indoor lighting is uncomfortable - too much glare.
- 13. Outdoor light too bright - have to use sunglasses.
- 14. Indoor fluorescent lighting is bothersome or annoying.

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Continued... please rate each behaviour:

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Dry Eyes

- 15. Eyes feel 'dry' and sting.
- 16. 'Stare' into space without blinking.
- 17. Have to rub eyes a lot.

Depth Perception

- 18. Clumsiness / misjudge where objects move or change are.
- 19. Lack of confidence walking / missing steps / stumbling.
- 20. Poor handwriting (spacing, size, legibility)

Peripheral Vision

- 21. Side vision distorted / objects move or change position.
- 22. What looks straight ahead isn't always straight ahead.
- 23. Avoid crowds / can't tolerate "visually busy" places

Reading

- 24. Short attention span / easily distracted when reading.
- 25. Difficulty / slowness with reading and writing.
- 26. Poor reading comprehension / can't remember what was read.
- 27. Confusion of words / skip words during reading.
- 28. Lose place / have to use finger not to lose place when reading.

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