

Checklist 3

Central vision

Sometimes, people's behaviours are related to poor central vision. Take time to observe the person's everyday behaviours and use this checklist to record your observations, gather further evidence and then implement enabling strategies. (Please note - some of the behaviours in this table may indicate that the person has Myopia which means that they see things better close up. This can be confirmed in an eye test with an Optometrist and may be corrected with spectacles.)

Some people who have a sight loss can experience visual hallucinations - seeing objects which are not actually there. This can be particularly true for people who have central vision loss. If you think someone may be experiencing visual hallucinations, this should be shared with the person's optometrist or eye care professional.

Behaviour

Does the person do any of the things in this checklist? (Please tick.)

- Holds objects to the side to see them
- Brings objects closer
- Person appears to 'lose sight' of objects when trying to pick them up
- Unable to find object directly in front of them
- Limited or "indirect" eye contact
- Difficulty recognising faces
- Problems identifying small print or small objects
- Difficulty seeing objects of poor colour or contrast
- Turns or tilts head when looking.

- **If you have ticked any of the boxes, go on to Observations.**
- **If not, go to checklist 4: [Poor peripheral vision](#).**

Observations

The behaviours on the previous page may indicate a problem with central vision. Here are some basic observations you can carry out to explore this further.

- Give the person an object. Where do they hold it to look at it?
- Ask the person or observe how the person picks up an item from a table
- Walk up to the person, without using your voice, observe if they recognise you
- Ask the person to look at a picture, observe where they hold it
- Observe the person at meal times, can they identify or locate what is on their plate?
- When watching television, does the person sit very close or watch it using the “corner of their eye”?
- Does the person turn their head to look at you with their peripheral vision or appear to be “looking away” during conversation?

Comments

- **Now go to the next page: Strategies.**

Strategies

If you believe the person does have poor central vision, here are some strategies you can use when supporting them.

- Make things bigger, brighter and bolder
- Use large print; make sure the font and size of print or symbols are clear
- Enlarge pictures, ensure they are of good quality
- Use good colour contrast; for example, at mealtimes use a plate with a coloured rim or cups with bright colours
- Lighting is very important; use shades which cover the whole of the light bulb
- Consider the use of fluorescent task lights for close work
- Maximise use of natural daylight but ensure that you minimise glare. Consider the use of blinds
- Watching television – think about where the person sits. (Poor vision is not caused by sitting close to the television.)
- Ensure the person is approached in their line of vision
- It can be helpful to speak to the person as you approach them or to gently touch the back of their hand

- **Add information about what you have learnt from your observations of the person's central vision to the '[summary of findings](#)' section.**
- **Now go to checklist 4: [Peripheral vision](#)**