

Vision Rehabilitation

Low vision refers to a visual impairment that is severe enough to interfere with one's daily activities.

Low vision can arise from diseases, trauma, age-related changes, or even as a complication of some medical conditions such as cataract, glaucoma, diabetic retinopathy, and stroke.

Low vision can affect the person's ability to participate in vision-dependent activities of daily living such as matching of clothes, preparing a meal, or using a mobile device. In addition, community activities such as driving, shopping and working may also be affected.

With proper rehabilitation, a person with low vision can still function safely and independently at home and in the community.

How is it treated?

The overall aim of low vision intervention is to help individuals regain independence in daily activities with their residual vision. Treatment may comprise of the use of rehabilitative and/or compensatory strategies to achieve optimal function.

What does rehabilitation involve?

Rehabilitation usually consists of a multi-disciplinary team, comprising of ophthalmologist (eye doctor), optometrist, and occupational therapist. The ophthalmologist will refer patients who are suitable for low vision rehabilitation to the occupational therapist.

A full assessment will be conducted at the first clinic visit. Comprehensive treatment plans will be drawn out after the assessment and in collaboration with the person with low vision and/or their family.

Occupational therapists aim to assist individuals in resuming valued roles at home and in the community despite the challenges of low vision. The rehabilitative component focuses on strategies to maximise the effective use of residual vision, such as modifying the environment/tasks. When necessary, the occupational therapist may also suggest the use of assistive devices to enhance participation and performance in meaningful occupations.

Useful websites

[Singapore Association of the Visually Handicapped](#)

[Guide Dogs Singapore](#)