

Symptoms Checklist for Adults:

Many people think that vision therapy is only for children. However, adults have as much need for this type of vision care as children. Vision therapy is often more effective for adults because they are usually more motivated to improve their visual abilities, whereas children may not understand that they have a problem or how that problem may affect their interests or future. Please indicate if you are experiencing any of the following symptoms:

Name: _____ Date of Birth: _____

Visual Comfort & Efficiency

- Headaches when reading
- Eyes hurt or tired after close work
- Eye(s) turned in or out at any time
- Eyes bothered by light
- Dizziness
- Squints or covers one eye
- Fatigues easily when reading
- Avoids near tasks such as reading
- Head too close to paper when reading or writing
- Skips lines or lose place when reading or writing
- Rereads or omits words
- Moves head excessively as reads across the page
- Text seems to double when read or driving or look at road signs
- Unusual posture or head tilt when reading or writing
- Often loses place, skips or rereads words
- Sees print “running together” or “moving around”
- Do you see more clearly with one eye with best glasses prescription
- Inability to appreciate depth in 3D media
- Headaches, nausea, or other discomfort when viewing 3D media
- Difficulty tracking moving objects

Visual Processing

- Confusion right and left directions
- Confuses or reverses letters and numbers when reading/writing
- Poor spelling
- Writing is crooked or poorly spaced
- Make errors copying
- Fails to recognize the same word in a later sentence
- Repeatedly omits small words; a, an, the, of
- Mistakes words with similar beginnings and endings
- You read, “One..word...at...a...time.”
- Says words aloud or moves lips while reading
- You’re afraid to read out loud in front of other people

Performance

- Short attention span, easily distracted
- Failure to complete work in allotted time
- Carsickness
- Do you have trouble judging distance when parking or when pulling out into traffic?
- Do you have difficulty judging how far away other cars are?
- Do you find it difficult to use binoculars?
- Do you feel uncomfortable in a crowded area with a lot of movement, such as shopping?