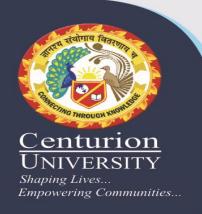
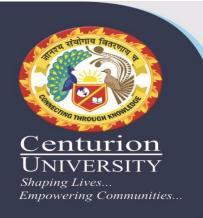


Psychological Implication of Low Vision



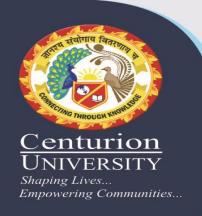
Content

- Psychological implication.
- Stages in adjusting process to vision loss.
- Importance of counseling and guidance.



Psychological implication

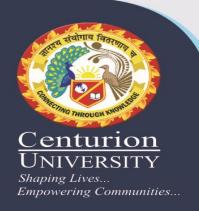
- **Denial** refuse to accept the fact
- Anger Anger with the situation, with a particular person or with god
- Fear- Fear of losing residual vision, job, leading life
- **Grief** Grieving about the loss and the situation
- **Depression** Depressed about the loss, being uninvolved and lose interest in life.



Continued...

Withdrawal- Uninvolved from all social situations.

- **Isolation** Prefers to be in isolation rather than depending anybody.
- Low self esteem- Being low in mood, unwilling to recognize one's own calibers.



Stages in adjusting process to vision loss

- A. Shock and disbelief :- This may be a time of withdrawal when the person is unable think or feel.
- It can be termed a period of protective emotional anesthesia in response to severe stress.
- **B.** Anger :- the person may express these feeling through a strong attitude, a very frustrating experience for caregivers and family members.

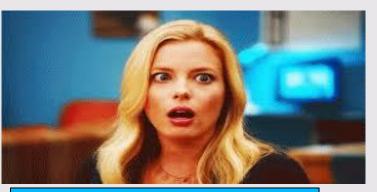
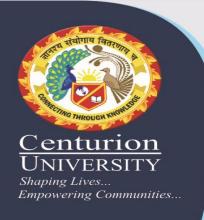


FIG-1: Shock and disbelief



FIG-2: Anger



CONTINUE...

- **C.** <u>**Denial**</u> :- outright denial of the situation or refusal to accept visual limitations. At this point person may refuse to contact with an agency for the blind.
- **D.** <u>**Depression**</u>:- Sudden feelings of being different and a sense of loss of control may be the basis for this kind of response. They prefer to be in isolation.







FIG-4 Depression



Continue ..

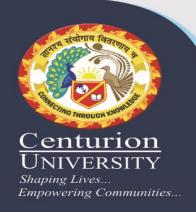
- **E.** <u>**Realization**</u>:- As the person starts to emerge from the state of depression and begins to recognize the inevitable effect of changed vision.
- **F.** <u>Acceptance</u>:- A total adjustment to visual impairment can only be achieved when the person recognizes that the loss is final and irreversival.



FIG-5 realization



FIG-6 Acceptance



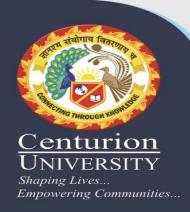
Importance of counselling and guidance

- 1. Psychological support to life adjustment
- 2. Educational guidance
- 3. Vocational guidance
- 4. Personal independence



Reference

Low vision manual; Edited by: A. Jonathan Jackson ,James S. Wolffsohn ; published in 2007. Page no. 5,11,12



Thank you