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# Psychological Implication of Low Vision



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# Content

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



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# 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.



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## 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.



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# 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



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## CONTINUE...

- C. Denial** :- 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. Depression**:- 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-3 Denial



FIG-4 Depression





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# Continue ..

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



FIG-5 realization



FIG-6 Acceptance



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# Importance of counselling and guidance

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





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# Reference

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



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Thank you