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# Counselling



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# COUNSELLING OF LOW VISION

- Low vision is a condition, where refractive correction or medical or surgical intervention will not further help to improve vision.
- A revised WHO definition of low vision states that patients with vision less than 6/18 to perception of light in the good eye will be included in low vision category.



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# Investigations

- Vision rehabilitation is a comprehensive set of services, including optometric, counselling and rehabilitation programmes that help people with low vision regain a sense of independence, and perform activities to the best of their ability, despite the handicap.
- The vision loss is permanent but the ability to perform daily living tasks with impaired vision is learned or relearned through our rehabilitation program



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# Rehabilitation

- Children rehabilitation
- Educational rehabilitation
- Vocational rehabilitation
- Social rehabilitation



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# Children rehabilitation

## Vision stimulation:

- Encouraging the use of vision is vital for children with low vision as it enhances their development, education and experiences.
- Vision stimulation activities can help children use their remaining vision more effectively.
- The theory is that by performing these activities, the visual areas of the brain are stimulated to maximize the development of vision.



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# Parental counselling

- Parenting has no tried and tested formulas. Every child is unique, and so is every parent. What can help in the difficult task of parenting a child with visual impairments is sharing of experiences and applying them to your very own unique situation.
- Parents have a big role to play in helping their child gain the organisational skills necessary for success, both at school and in later life.
- Parenthood is all about nurturing and looking after your offspring. It is never too early to start helping your child toward eventual independent decision making, be it grooming, self-care or self-image



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# Educational rehabilitation

- Finding appropriate educational opportunities for visually impaired children can be quite a challenging task.
- Should the child be enrolled in a normal school, special school, or an integrated education?
- The counsellor plays an important role to find out the appropriate educational mode for the children with visual impairment.



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- Educational care for children with low vision includes training children directly in the effective use of their best vision.
- This can involve their learning to write at closer distance, to use magnifying devices, or to use creative strategies to determine what is written on a blackboard (such as asking a child seated nearby to read aloud while the teacher writes)
- This training is important, as it enables children to attend normal schools.



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# Integrated education

- The integrated education programme creates an appropriate learning and teaching environment for blind and low vision students.
- Specially trained teachers visit to 'regular' schools and provide useful guidance to blind students, their teachers, principals and staff in conducting educational and co-curricular activities.
- They also provide Braille, large print, magnifiers and audio books to these students.



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# Special education

- Special education is a form of education provided for those who are not achieving or are not likely to achieve through ordinary educational provisions, the level of educational, social and other attainments appropriate to their age, and which has the aim of furthering their progress towards these levels.



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# REFERENCE

- DELHI JOURNAL OF OPHTHALMOLOGY
- LOW VISION AIDS BY MONICA CHAUDARY-PG NO 152