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Psychosocial Impact of Low Vision



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Contents

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Family reaction

- Family reaction to visual impairment is another important consideration in the adjustment process.
- If there is a single universal, it can be assumed that it is the entire family unit that is experiencing a vision loss and not just the individual sustaining blindness”
- The message that family members give in terms of expectations and the types of role changes , both voluntary and imposed .



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- It may occur after one family member becomes visually impaired can have a profound impact on the individuals adjustment.
- Significant role changes occurring as a result of the vision loss, such as a shift in household responsibilities or job roles, may cause anger and resentment among family members.



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Self concept

- A person's self concept is composed of both internal and external influences that determine how one views him or herself.
- This view of self is in some way impacted by a visual impairment self perception may be altered temporarily or permanently by a disability.



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- Levels of self esteem may also be affected as the his or her accomplish tasks
- And the confidence of other accomplish other tasks are in some way impacted by vision problems.
- The individual with low vision has been described as the “marginal man”.



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Life stage

- The life stage of the patient at the onset of visual impairment as well as life stage of the time of low vision intervention also have potential implications for psychosocial adjustment.
- A child with a visual impairment may be struggling to keep up with schoolwork or to participate in the same activities as his or her peers.



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- The message the child receives regarding his or her competence from family, teachers, and peers will be critical in the development of self-esteem and the potential for achievement of life goals.
- A teenagers faces a different set of life events that also impact adjustment.



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Patient expectations

- A patient who is still searching for a cure for visual impairment or is seeking conventional glasses to resolve all visual difficulties.
- It may not have a complete understanding of low vision services or have fully come to terms with the permanency of the vision loss.



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- Realistic expectations are critical for goals settings and effective low vision service delivery.
- It is important not to assume that an activity the patient reports having problems performing is necessarily a low vision goal.
- Some individuals may be relieved to relinquish the responsibility of certain activities.



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Personality

- An individual's personality is another consideration. How an individual has coped in the past with stressful life events before the onset of vision loss will help determine the coping pattern for the vision loss.
- Each person will react to the loss of sight in an individual way.



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- This is why this is so important to treat each person as a unique individual.
- Factors such as how a person handles anxiety and stress, attitudes towards independence and levels of aspiration, will all affect the reaction to the visual impairment and impact on low vision services.



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References

- Essentials of low vision practice. Edited by: Richard L. Brilliant Published by: Butterworth Heinemann. Page no. 13,14,15



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Thank you