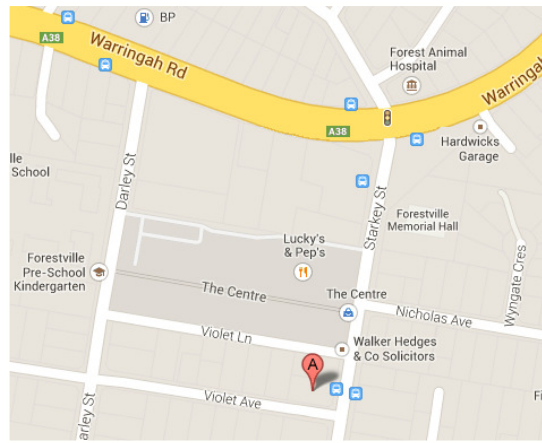


### The Development of Vision

Vision is more than just good eyesight - it is the ability to identify, interpret and understand what we see and is learned and developed along with rest of the body, starting from birth. We are born with reflexes that allow for this.



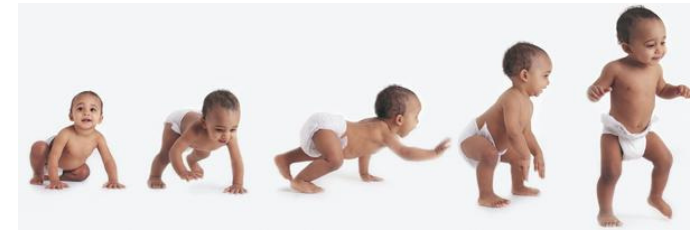
### Abel, Robson & Falkenstein Optometrists

*Sydney Based Vision Specialists - Behavioural Optometry*

Not all optometrists practice behavioural optometry, which includes developmental and functional optometry. Our optometrists have received education and training in prescribing and administering visual training and will be able to assist you or your child develop and make most of their visual skills

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As the child begins to creep, crawl, stand and walk - they build an understanding of their visual environment. For example, a table may appear different from different corners of the room and the apparent size varies depending on how far the child is from it. Visual analysis starts when a child holds an object of interest and begins integrating what they 'see' with other sensory information such as smell and touch.

Visual skills are built step by step becoming more complex and efficient through one's learning experience. But in some people they may miss or not complete a step in their development, and as a result they are not 'visually ready' to perform a task given to them at school.

Vision is therefore not merely a product of our eyes but rather the processing of that information in our brain. Efficient learning is predominantly 'visual' so it is important to identify and manage children who may have these difficulties so that they learn more efficiently.

Sometimes the visual skills we acquire during development may breakdown due to stress and fatigue. Some of the reasons for this may include poor alignment, fixation, tracking, uncorrected refraction error, poor focusing and convergence. It is equally important to identify these and prescribe the appropriate supportive mechanism i.e. lenses, prisms or vision training to ensure a child learns without 'strain'.

If you are interested in having a Behavioural Eye Examination, please make an appointment to see one of our optometrists

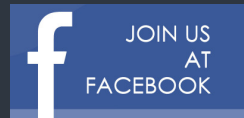
- Mr Mark Falkenstein Dip. Optom. (SA)
- Ms Carolyn McIvin Dip. Optom. (SA)
- Mr Shaun Chang B.Optom PGCertOcTher

 **Abel, Robson & Falkenstein**  
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## What is Behavioural Optometry?

# The Initial Consultation

## WHAT DOES IT INVOLVE?

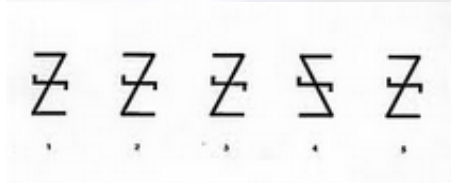
We check for refractive problems; binocular vision problems and ocular health problems.  
We may also do a screening for visual developmental problems based on observations or concerns.

## Visual Perceptual Evaluation

### WHAT IS IT?

This is an assessment of a child's 'Visual Thinking' Skills, which deals with how a child understands what they see. These include:

- Visual spatial skills i.e. Left right awareness, shape manipulation
- Visual analysis skills i.e. Visual sequencing, visual memory, visualisation
- Visual motor integration i.e. Shape drawing, handwriting
- Visual auditory skills e.g. Auditory sequencing



It is important for the child to do their best so we encourage these assessments to be done in the morning and without distraction.

Observations and results are compared to normative data, based on the child's age and grade so that a vision therapy program can be formulated to reflect our goals and the child's goals.

### REFRACTIVE PROBLEMS

- MYOPIA & HYPEROPIA
- ASTIGMATISM
- ANISOMETROPIA

### BINOCULAR PROBLEMS

- POOR FOCUSING, FIXATION, FOCUSING & CONVERGENCE
- STRABISMUS 'EYETURN'
- AMBLYOPIA



## Visual Therapy

### WHAT IS IT?

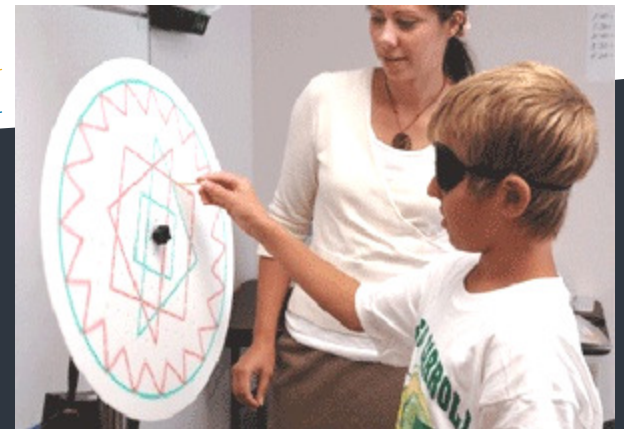
Vision therapy is designed to develop, improve and enhance one's visual performance. This can either be to:

- Prevent vision and eye problems from developing
- Develop the visual skills needed to achieve more effectively at school, work or play
- Enhance functioning on tasks demanding sustained visual effort
- Remediate or compensate for vision and eye problems which have already developed

### WHAT DOES IT INVOLVE?

A Vision therapy program generally involves a weekly 45 minute session for 10—30 weeks, with one of our experienced and qualified vision therapists in our purpose built vision therapy room. For a child with a learning related visual problem, the first few sessions will concentrate on building a solid foundation of internal awareness as well as gross and fine motor control. Therapy continues with visual analytical skills such as sequential processing and subsequently visualisation can be developed.

Practicing these skills at home for 15 – 20 minutes/day builds automaticity so the skills become integrated at a subconscious level. Every eight weeks, during therapy, the optometrist will review the patient's progress.



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