

The logo for the British and Irish Orthoptic Society (BIOS) features the letters 'BIOS' in a bold, purple, sans-serif font. The letter 'O' is significantly larger than the others. Above the letters is a stylized graphic of an eye, with a thick orange arc representing the upper eyelid and several grey, curved lines representing the eyelashes or the shape of the eye.

BIOS

British and Irish Orthoptic Society

Web based therapy for vision field loss and vision neglect



Due to developments in technology many of us have access in our everyday lives to devices that allow internet connection. There are Apps and other web based activities available which are designed for vision field loss therapy and vision neglect following stroke. There are also Apps for information only purposes for you and your family/carers.

Rehabilitative/ Therapy Based Applications and Websites

The aim of these activities is to improve your scanning and awareness of the blind area to allow you to compensate better for the vision field loss in your everyday activities.

Applications for Tablets



Visual Attention Therapy (Available for IPAD only. Free version available and extended version at a cost): This is useful for people with vision neglect and vision field loss. It helps to improve your scanning ability to the affected side by using searching puzzles.



Constant Therapy (Available on IPAD and android tablets. Free trial period available however subscription required when free trial ends): A similar application to Visual attention Therapy, Constant Therapy also offers tasks to improve memory, speech, cognition and language.



Eye Exerciser 3.0 (Available on IPAD and android tablets. Free version available and an extended version at a cost): Eye Exerciser 3.0 uses targets on the screen to help patient's improvement the accuracy of their eye movements.



DREX (Available on IPAD and android tablets for free): DREX is the Durham Reading and Exploration training. Through regular training and assessment this free app teaches how to compensate for vision field loss.



Games: A variety of games are available that will help patients scanning ability while also being very entertaining.

- Still – Original
- Stroke Monster • Shades
- Eyesight
- The Eagle Eye
- Impossible Eye Test
- Word Run
- Word Search

Websites for therapy

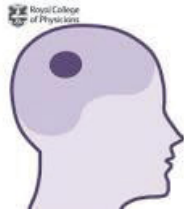
- **Read Right** (www.readright.ucl.ac.uk) - provides a free therapy which can help to improve reading speeds in patients with right homonymous hemianopia (alexia)
- **Eye Search** (www.eyesearch.ucl.ac.uk) - a free online eye therapy for patients with hemianopia or vision neglect. Although it will not improve your vision field loss it will improve how you move your eyes to look at the world around you.

Informative Applications

There are a number of apps that provide a variety of information for you and your family/carer.



VisionSim (IPAD only. Free): This application has been designed to allow family members and carers to experience what it is like to view the world you see with different eye conditions.



Stroke (IPAD only. Free): This has been developed by the Royal College of Physicians. It has lots of information for stroke survivors.



Stroke Patient (Android only. Free): This application helps to explain strokes, available treatments and the hospital care process.



The Stroke App USA (IPAD and Android. Free): This application provides a large amount of information, advice, videos, exercises and stroke survivor stories.

Your **Orthoptist** will be able to advise you further on other techniques which may help you **compensate** for your **vision loss**.



British and Irish Orthoptic Society

This leaflet was made by the Stroke and Neurological Rehabilitation Special Interest Group Steering committee in July 2016.

See www.orthoptics.org.uk for more information