

SYMPTOMS OF A VISUAL PROBLEM

These are just some of the possible symptoms that may indicate a visual problem.

- ❑ Do you find some aspects of your job very challenging when you feel that your colleagues take them in their stride? This might include things that take you longer, concentration issues, fatigue, frustrations, inaccuracies, organisational issues, misinterpretation or lack of awareness of instructions or colleagues approaching you.
- ❑ Have difficulties that you had in school resurfaced now that you are in a particular role in work? For example, a job with an increase in the amount of screen time.
- ❑ If your difficulties are of recent onset, was there trigger that you are aware of? For example, illness, stress, trauma or injury.
- ❑ Do you find that it takes a significant amount of time to focus in (clear things) when looking quickly from one place to another?
- ❑ Do you find yourself squinting, rubbing your eyes, moving in and out when looking at small details (reading, embroidery, sewing, painting) or screens?
- ❑ Do you find reading very tiring or slow? Do you struggle to absorb or misinterpret the content of text?
- ❑ Do you find text difficult to see – fades, blurs, doubles, merges, jumbles? Do you skip words or lines?
- ❑ Do you have “clumsy” behaviours, such as tripping over thin air, bumping into edges of things, knocking and spilling? Do you struggle with ball skills? Do you misjudge steps or uneven ground?
- ❑ Do you find yourself moving closer to the computer screen, bringing books and screens up closer over time? Does your back or neck ache? Or do you constant adjust book position/body posture. Do you feel restless or very quickly bored?
- ❑ Do you find that you can read a page and realise that you have no idea what you read? Do you struggle to concentrate on anything if there is background movement or noise? Do you find that you are unaware of people approaching or speaking to you when you are engaged in a task?
- ❑ Do you struggle to hold eye contact during prolonged or stressful conversations? Do you feel that you really want to look away – or that you are concentrating so hard on listening that you actually fail to absorb what people are saying?
- ❑ Do you need to dim screens or adjust the font size or background colour? Does working on screens make you feel frustrated, dizzy or nauseous?
- ❑ Do you find that, although you can seem to see well for close tasks, you feel irritable or stressed and struggle to concentrate for any length of time?