Recognising Visual Problems related to Learning Difficulties

Where there is a miss match between the intelligence and academic performance, whether a specific learning problem has been diagnosed or not, vision should be investigated to assess if this can be causing some of the symptoms. There is a growing body of evidence which shows that people with learning problems have a high level of unresolved visual problems which contribute significantly to their learning difficulties.

Things to look out for that would indicate a vision link include;

- a habit of rubbing eyes
- excessive blinking
- poor concentration
- inefficient reading
- Difficulty in keeping place in a passage being read. Having to use finger or marker to keep place
- Unable to judge distances and speeds
- Unable to identify differences/similarities between objects
- printing appearing to get larger or smaller
- glare from page obscuring written material
- poor memory of read information
- headaches or eye strain following close work
- clumsiness
- poor at ball games
- head movement when reading
- unable to maintain fixation

Behavioural optometry is a specialism within optometry which assesses and treats the visual problems related to learning.