What you can do to help

Do visual scan

- ✓ turn your head to your affected side
- ✓ put objects on your affected side so you look that way more often
- ✓ draw a bright line on the page on your affected side when reading

Simplify your space

- ✓ always put items in the same place so you can find them more easily
- ✓ keep your space tidy and remove clutter

Make things larger

- ✓ use a larger font size
- ✓ use glasses that make things bigger

Protect and use affected side

- ✓ protect your affected arm and leg when you aren't using them
- ✓ try to use your affected leg and arm as much as possible

If you have questions, please ask your health care provider.

To find more information go to:

Canadian National Institute for the Blind (CNIB)
CNIB.ca

The Heart and Stroke Foundation of Canada
Heartandstroke.ca

After Stroke BC
strokerecoverybc.ca

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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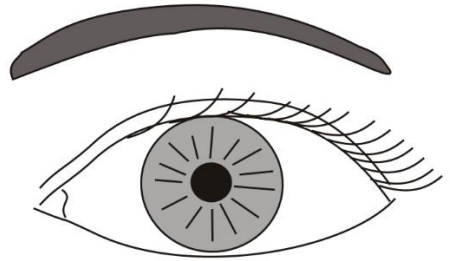
For more copies: patienteduc.fraserhealth.ca

Changes in Vision and Perception

After a Stroke



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After a stroke

Stroke can affect your vision and perception in many ways. It depends on what area of your brain is affected.

Many vision and perception changes get better as your brain heals, but it takes time.

Using strategies to help you do your day-to-day activities is important for your recovery.

How we use vision and perception

- personal care
- managing medications
- reading
- cooking
- finding your way to where you want to go
- transportation
- grocery shopping

Perception

Perception is the way your brain receives and understands messages from your five senses (smell, touch, taste, sight, and hearing).

Common problems with perception after a stroke include the following:

- Left or right inattention
  - problems paying attention to your body or things on your affected side
- Apraxia
  - not knowing how to move your body smoothly
  - not knowing what to do with objects
- Agnosia
  - problems recognizing shapes, colours, faces, and objects
- Problems knowing where your body is in space
- Problems seeing how close things are to you

Vision

Vision gives us information about the things around us. It also gives us feedback on how we interact with them.

Vision involves:

- your eye
- the muscles controlling how your eye moves
- your brain's ability to process what you see

Common problems with vision and visual processing after a stroke include:

- double vision (diplopia)
- reduced ability to see things clearly (reduced acuity)
- visual field deficit, which is when areas of your vision are missing
- problems seeing patterns
- trouble keeping focus on relevant information
- problems remembering things or people you see