As individuals age, they frequently experience changes in vision that may affect functional abilities, mobility and safety. The Occupational Therapists at Lutheran SeniorLife Rehab Services have developed a program to help individuals experiencing visual challenges achieve greater independence while improving their quality of life.

Live an Abundant Life®

Visual Rehabilitation Program
Promoting independence and improving quality of life with visual retraining

Lutheran SeniorLife
Rehab Services
105 Burgess Drive
Zelienople, PA 16063
724-452-3580 or 724-452-3492
www.lutheranseniorglife.org

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www.lutheranseniorglife.org
The Occupational Therapist will evaluate one’s living space by:

- Adapting appliances to make operating them easier
- Using contrast with color or texture allowing improved knowledge of surroundings
- Adapting the environment with use of lighting
- Adapting pill boxes
- Educating on low vision aids
- Eccentric viewing training to help manage blind spots

Lutheran SeniorLife also offers SilverSmart™. Consultations are available at Passavant Community to learn about available low vision aids using technology and adaptive devices.

To make a referral or for more information contact Occupational Therapy at 724-452-3580.

Standardized state-of-the-art visual testing is completed to establish an accurate visual baseline and assess progress. In addition to observing for functional abilities, these tests include:

- MN Read Charts
- Pepper Visual Skills for Reading Test
- Tangent Screen Exam
- Clock Face Test
- Lumen Sensor

OVERALL BENEFITS
Occupational Therapy low vision training techniques help clients:

- Use their remaining vision more effectively
- Improve their ability to read through vision retraining
- Function more successfully by modifying their activities
- Achieve maximum safety by implementing environmental modifications

THE PROGRAM IS DESIGNED FOR
Individuals who have problems with:

- Recognizing faces of family and friends
- Watching television
- Reading smaller print
- Seeing steps or curbs
- Personal grooming
- Taking their medications correctly
- Cooking

Individuals who have been diagnosed with:

- Macular Degeneration
- Diabetic Retinopathy
- Vision loss related to stroke or brain injury

"Although my eyes will never get better, this program taught me how to look out of the perimeter of my eyes to see better and help me stay in my own home alone. It’s all about staying independent.”

– J.M