



SCREENING CHECKLIST for VISUAL PROCESSING PROBLEMS

Some aspects of dyslexic difficulties may be related to visual problems which are not picked up on routine eye tests. If reading regularly induces headaches or eye strain, if print seems to 'jump about' and white paper to 'glare', then it may be worth consulting an optometrist who knows about dyslexic difficulties. Solutions may include spectacles, eye exercises or colorimetry. If a coloured overlay is found to be of sustained benefit, tinted glasses may be recommended. This checklist will help to determine whether referral to an optometrist with expertise in these areas is advisable. (Suitable practitioners can be found through Cerium Visual Technologies, Appledore Road, Tenterden, Kent TN30 7DE, 01580 765 211 ceriumvistech.co.uk.)

Tick if Yes

1. Have you been prescribed glasses?
2. Does reading make you tired?
3. Do you often lose your place when reading?
4. Do you reread or skip lines when reading?
5. Do you ever read words/numbers back to front?
6. Do you miss out words when reading?
7. Do you tend to mis-read words?
8. Do you use a marker or your finger to keep the place?
9. Are you easily distracted when reading?.....
10. Do you become restless or fidgety when reading?
11. Do you get headaches when you read?

12. Do your eyes become sore or water?
13. Do you screw your eyes up when reading?
14. Do you rub or close one eye when reading?.....
15. Do you read close to the page?
16. Do you push the page away?
17. Do you prefer dim light to bright light for reading?
18. Does white paper (or white board) seem to glare?
19. Does it all become harder the longer you read?
20. Does print become distorted as you read?.....

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