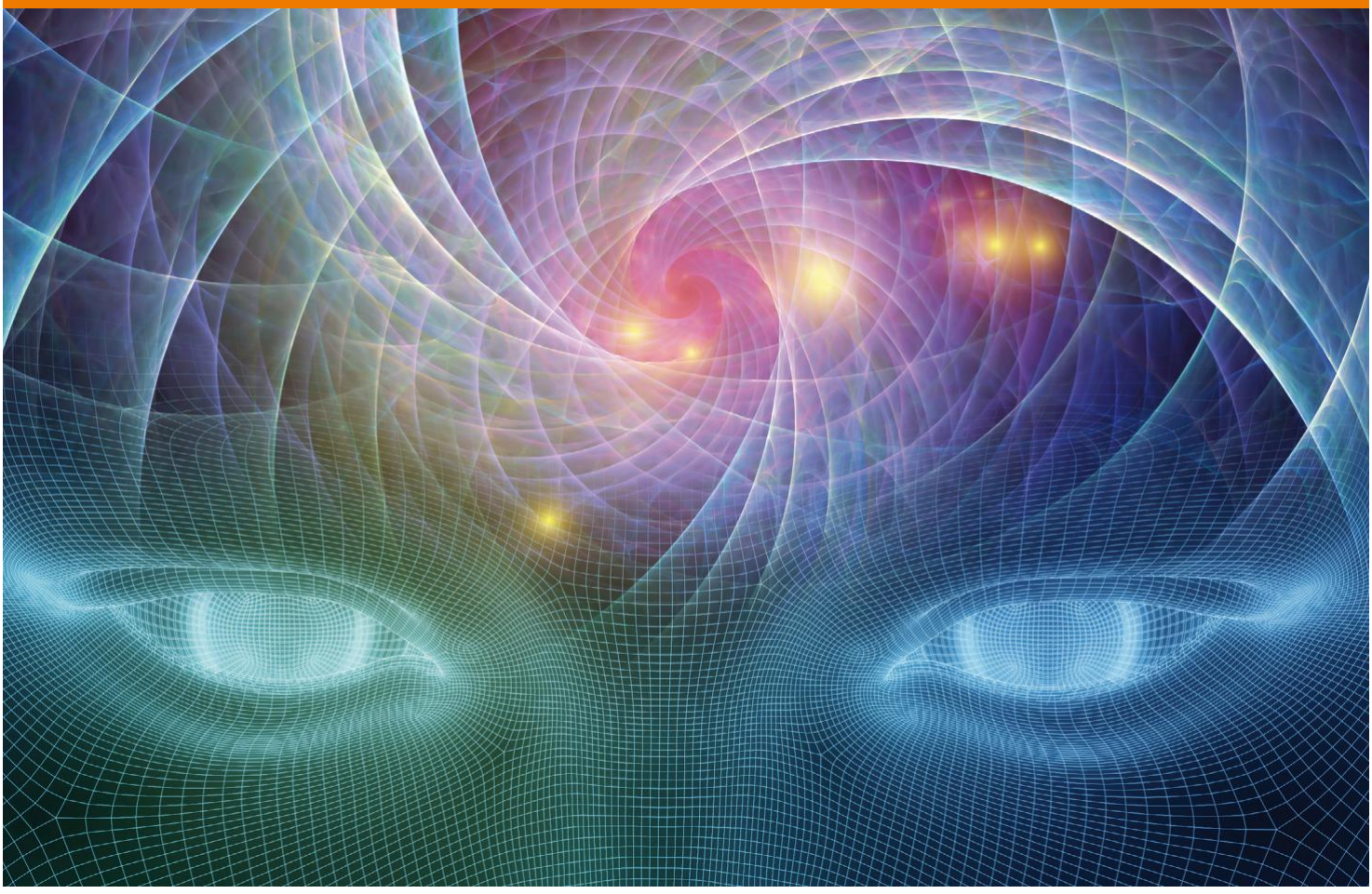
BIOS | BRITISH AND IRISH ORTHOPTIC SOCIETY

Web based therapy for visual field loss and visual neglect



Due to developments in technology many of us have access in our everyday lives to devices that allow internet connection. There are **apps** and other **web based** activities available which are designed for **visual field loss therapy** and visual neglect following **stroke**. There are also Apps for information only purposes for you and your family/carers.

This leaflet lists **apps** and **websites** you may find helpful.

Rehabilitative/ Therapy Based Applications and Websites

The aim of these activities is to improve your scanning and awareness of the blind area to allow you to compensate better for the visual field loss in your everyday activities.

Applications for Tablets

Visual Attention Therappy (Available for IPAD only. Free version available and extended version at a cost): This is useful for people with visual neglect and visual field loss. It helps to improve your scanning ability to the affected side by using searching puzzles.

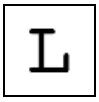
Constant Therapy (Available on IPAD and android tablets. Free trial period available however subscription required when free trial ends): A similar application to Visual attention Therappy, Constant Therapy also offers tasks to improve memory, speech, cognition and language.

DREX (Available on IPAD and android tablets for free): DREX is the Durham Reading and Exploration training. Through regular training and assessment this free app teaches how to compensate for visual field loss.

Eye Exerciser (Available on IPAD, android tablets, and on website. Free version available and an extended version at a cost): Eye Exerciser uses targets on the screen to help patient's improvement the accuracy of their eye movements.

Vision Scan (IPAD only. Free "Lite" Version and an extended version at a cost): Within this app there is a programme to aid Eye Movement Exercise. The concept of this programme is the same as the previous two apps discussed

Games: A variety of games are available that will help patients scanning ability while also being very entertaining.



The Impossible Letter Game

Schulte

Medicara

20twentee

Speed Perception

What's the difference?

ABC Touch

Schulte Table

Websites for therapy

- **Read Right** (**www.readright.ucl.ac.uk**) **-** provides a free therapy which can help to improve reading speeds in patients with right homonymous hemianopia (alexia)

- **Eye Search** (**www.eyesearch.ucl.ac.uk**) - a free online eye therapy for patients with hemianopia or visual neglect. Although it will not improve your visual field loss it will improve how you move your eyes to look at the world around you.

Other Useful Applications and Websites

There are a number of additional apps that may provide assistance with tasks of daily living and a variety of information for you and your family / carer.

Apps

Seeing AI (All Apple and Android Platforms. Free): Uses the camera within a device to give feedback to the user. The app can read text a loud to the user as well as identify and describe a scene, object or person.

TapTapSee (Apple and Android Platforms): This app utilizes the device's camera and VoiceOver functions to photograph objects and identify them out loud for the user.

Color ID Free (Apple and Android Platforms) Colour Identifier uses the camera on your iPhone or iPod touch to speak the names of colours in real-time.

Dentifi (Apple) uses artificial intelligence to enable a visually impaired user to click a photo, and is able to recognize virtually any object, brand, colour, facial expression, handwriting and text, and subsequently deliver an audible description of the image's contents to the user.

ViaOpta Hello (Apple and Android) The mobile app uses the Smartphones camera to take pictures of objects or people and then uses the back-end cognitive services to provide a description. The desktop app can provide a description of the content of pictures from any available document library, and if the picture contains a known contact, the app will identify them by name.

VisionSim (IPAD only. Free): This application has been designed to allow family members and carers to experience what it is like to view the world you see with different eye conditions.

Websites

The following **websites** provide a wide variety of information and resources for patients and carers. This includes information leaflets on post stroke visual deficits, activity books, video resources and links to possible research.

British and Irish Orthoptic Society Stroke and Neuro Rehab Clinical Advisory Group

https://www.orthoptics.org.uk/resources/clinical-advisory-group/stroke-and-neuro-rehabilitation/

VISION - Vision, Orthoptic and Brain Injury Research Unit

https://www.liverpool.ac.uk/population-health/research/groups/vision/patient-resources/ol

Stroke Association

https://www.stroke.org.uk/effects-of-stroke/physical-effects-stroke/vision-problems-after-stroke

Royal National Institute of Blind People

https://www.rnib.org.uk/your-eyes/eye-conditions-az/stroke-related-eye-conditions/

ɔn other techniques which

This leaflet was made by the Stroke and Neurological Rehabilitation Clinical Advisory Group steering committee in May 2023.

See www.orthoptics.org.uk for more information