

Visual Performance Checklist

Pediatrics

When *reading*, does your child:

- | | |
|-----------------------------|-----------------------------------|
| ✓ Move head | ✓ Tilts head or covers one eye |
| ✓ Lose place often | ✓ Display a short attention span |
| ✓ Need finger to keep place | ✓ Confuse similar-looking words |
| ✓ Omit words frequently | ✓ Have difficulty with site words |
| ✓ Skip lines | ✓ Rub his/her eyes often |

When *writing*, does your child:

- | | |
|--|---|
| ✓ Write up or downhill | ✓ Write crooked or use poor spacing |
| ✓ Misspell words | ✓ Write crooked or use poor spacing |
| ✓ Omit letters, numbers or phrases | ✓ Use poor placement of words on page |
| ✓ Misalign digits | ✓ Prop his or her head on hand or lay head down |
| ✓ Cover one eye | ✓ Complain that it's too hard or they get too tired |
| ✓ Make mistakes copying from a book, board, computer, etc. | |

Does your child complain of:

- | | |
|-----------------------------------|---------------------------|
| ✓ Headaches | ✓ Words jumping on a page |
| ✓ Burning, itching or watery eyes | ✓ Double vision |
| ✓ Blurry vision | ✓ Eye pain or fatigue |

Do you feel that your child:

- | | |
|--|----------------------------------|
| ✓ Must feel things to understand them | ✓ Avoids close work |
| ✓ Repeatedly confuses left and right | ✓ Has difficulty catching a ball |
| ✓ Has difficulty with similarities and differences | ✓ Has poor eye hand coordination |

Visual Performance Checklist

Adults

Do **YOU** experience any of the following symptoms in daily life?

✓ Blurred vision

✓ Double vision

✓ Impaired eye movements

✓ Hard to control eyes

✓ Ocular pain

✓ Decreased focus for visual tasks

✓ Surroundings jump / move, especially when walking

✓ Imbalance

✓ Reading difficulties

✓ Light sensitivity

✓ Headaches with visual tasks

✓ Difficulty tracking fast objects

✓ Difficulty with depth perception or spatial judgment

✓ Motion sickness

✓ Dizziness