





**Traumatic Brain Injury
Resource Bundle
for American Indians**



**Vision Problems After
Traumatic Brain Injury (TBI)**
TBI can cause vision problems, which may include




Double vision



Blurred vision



Complete vision loss in severe cases



Decreased peripheral vision (vision that occurs outside of your direct line of sight)



How does vision loss affect daily life?



Depth perception
People may have a tough time judging where objects are in space (e.g., difficulty catching a ball).



Visual overload
People may feel discomfort in places with a lot of patterns or motion.



Visual cognition
People may struggle to take in and understand visual information (e.g., recognizing people in a photo or remembering a face).



Discomfort and pain
People may have eye pain and headaches.



How to manage common vision problems:



- Take breaks when doing tasks that rely on vision like reading or using a computer.
- Reduce glare and avoid light that may bother your eyes.
- Avoid things that cause visual overload such as clutter.

Use tools to help with vision problems:



Corrective glasses

May help with issues seeing up close or far away.

Specialized glasses

May improve double vision or some loss of vision.

Patching one eye

May correct double vision when done under a doctor's care.

Magnifier

Zoom options or other text and image enlarging tools may make it easier to see and read information on paper, on the computer, or on phone screens.

What tools can be used for complete vision loss?



For complete vision loss, try braille and appliances that talk like screen readers and audiobooks.

Talk to a doctor to find the best treatment and strategies for you.

Source: This infographic was adapted from *Vision After Brain Injury*, which was developed by Janet M. Powell, PhD, OTR/L; Alan Weintraub, MD; Laura Dreer, PhD; and Tom Novack, PhD, in collaboration with the Model Systems Knowledge Translation Center (<https://mskte.org/>).

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the federal government.

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