Near/Far Charts

Focusing - Activity 2 of 2

Purpose:

The purpose of this activity is to learn to control the focusing of the eyes at both distance and near, and to rapidly shift focus back and forth quickly and efficiently.

Goal:

The goal of this activity is to be able to shift focus from the distance chart to the near chart back and forth quickly without losing one's place, with approximately 80% accuracy.

****This activity should be practiced for a minimum of 4-5 weeks, using a different set of charts each week. If more time is needed to accomplish the goal, continue with that sequence and/or refer to the Program Information link on the Vision Therapy at Home Dashboard.**

Materials:

- Large Letter Chart and matching Small Letter Chart
- Eye Patch

Set up: (See Figure A)

Tape the Large Letter Chart to a wall at participant's eye level in a place where there is sufficient light. Participant should stand (with feet shoulder-width apart and weight evenly balanced) as far away from the chart as possible but still be able to read it with one eye (usually starting at 10 feet working toward 20 feet). This activity is done with a patch over one eye and repeated with the other eye.

Activity:

- Participant holds the matching small chart in front of their face at a close but comfortable reading distance (approximately 12 inches) so they can see the large chart just above the top of the small chart. When doing this activity, the participant should try to be aware of both charts at the same time.
- Participant reads the first four letters from the large chart **(See Figure B)** and then quickly shifts focus to read the next four letters in the same row from the small chart. **(See Figure C)** Then quickly shift focus back to the large chart, reading the last two letters on that line and the first two on the next line. Continue reading from both charts in this manner, always reading just four letters at a time from each chart.
- Participant should not squint when reading from the charts as it reduces the visual field which will work against the goal. Once they have completed the chart, switch the patch and repeat the process with the other eye.
- Some errors may occur in deciphering the correct letter; approximately 80% accuracy is the goal. If they are getting more than a couple of letters incorrect on each line have them move closer to the large chart until their accuracy improves to about 80%.
- When participant can read the large chart with 100% accuracy, they should move farther away until they start making some errors or guessing.

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Near/Far Charts
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Observation:
It is the role of the helper to guide, monitor, record, and redirect the participant when necessary if they are not doing the activity in the manner detailed above or if any of the following observations are noted:

- Head movement – Does the participant excessively move their head up and down when going from one chart to another? **(See Figure D)**
- Body movement - Does the participant keep their feet shoulder-width apart or do they 'roll out' on the edges of their feet? Do they shift their weight from one foot to another?
- Eye movements – Are their eye movements jerky? Does the participant lose their place excessively or skip letters and/or lines? Are they very slow to make the exchanges from near to far charts?
- Midline – Is the participant holding the chart directly in front of their face or is it off to the side? **(See Figure E)**

Simplified Options:
- Read five letters at a time, so that there isn't a line wrap, making it easier to keep one's place.
- Fold the charts in half lengthwise so that there are fewer letters to start.
- Do only the first half of the chart with one eye and finish the second half of the chart with the other eye instead of reading a whole chart with each eye. Once the participant is able, return to the activity as instructed.

Challenge Options:
- Have the participant stand on a foam cushion or have them place one foot in front of the other (heel-to-toe) to add in a balance component.
- Use a large chart and a small chart that do not match.

Activity Pictures

Figure A - Set up

Figure B - Focusing on large chart

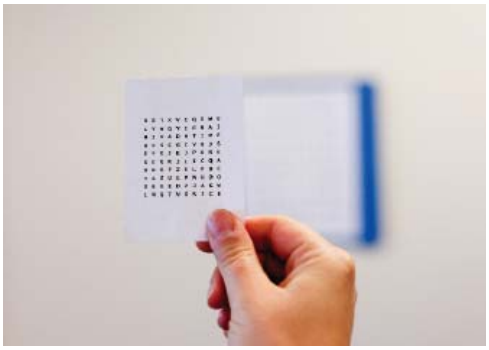

Figure C - Focusing on small chart

Figure D - Head movement

Figure E - Proper placement of chart

Figure E- Improper placement of chart