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Modelo de estimulación visual para la práctica de terapia ocupacional

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Introduction:

Due to in low vision population, there are big difficulties with reading/writing, this work pretends to show a model to facilitate the O.T. intervention in daily life activities (D.L.A.)

Objectives:

- To facilitate reading/writing praxis in aging people.
- To improve the D.L.A. performance.
- To favor visual attention and visual memory.

Description:

- 1- Interview: occupational client profile (past and present)
- 2- Evaluation (short and middle distance)
- 3- Exercise for localization and visual fixation on the work plane.
- 4- Training in saccades and eye-hand coordination.
- 5- Target size reduction.
- 6- Visual pursuit.
- 7- Writing.
- 8- Visual and/or auditory memory.
- 9- Post application in D.L.A.(to string, knit, use a cell phone, glucose devices, take notes and more).

Results:

- The client reports profits in D.L.A.
- The client decide with the O.T. the end or renewal of treatment, according their needs.

Conclutions:

This model is used sistematically, but admits adjstments for each case.

Improves individual self-esteem.

Allows be used in adult alphabetic population.

O.T. contributios:

Low vision interferes in O.T. practice.

Helps to reading/writing improvement.

This model application permits the improvement of visual attention, visual memory and visual processing information.