

# VISUAL FIELD DEFICIT

1/3 of stroke survivors will have some loss of vision, or loss of part of what you see when your eyes are in one position (e.g. looking straight ahead).

Most often, the stroke causes vision to be lost in:



ONE HALF OF EACH EYE (called **hemianopsia**)



ONE QUARTER OF EACH EYE (called **quadrantanopsia**)



YOU WILL LOSE VISION ON THE OPPOSITE SIDE OF THE BRAIN THAT WAS INJURED.

## WHAT DOES IT MEAN FOR YOU?

Losing vision in a half or quarter of each eye can affect different everyday activities:



Reading and writing



Driving



Eating and cooking



Taking care of your personal hygiene



Walking safely



Locating objects



Hobbies and recreational activities



Going out in the community with confidence

## WHAT YOU CAN DO...

Loss of vision may improve in the first weeks to months. There are many things you can do to stay independent while you have loss of vision:



Think about **turning your head to the side that you can't see**, sweeping your environment by looking left and right as though your eyes and head were a lighthouse.



**Put cues in your environment** to help you scan to the side that you can't see:

- place tape on doorways
- place a thick line in the margin of a book
- place things you might need on the side that you can't see



**Practice makes perfect!** Go to the grocery store or the library and practice finding items. Keep someone on the side you have difficulty seeing when out in the community, until you feel more comfortable.



Include **scanning activities** in your leisure time (e.g. board games)



Use a ruler when reading to help underline the full line and stay on track



Keep your space **organized**, without clutter and well lit.

If difficulties persist, **you may need to switch to techniques** that help you compensate, such as placing items on the side that is not affected by vision loss.

TALK TO YOUR HEALTH CARE PROVIDERS FOR MORE INFORMATION.