

SCREENING CHECKLIST for VISUAL STRESS (ADULTS)

- **There is a link between dyslexia and certain eye problems.
It is important that these eye problems are treated by an eye specialist.**
- **Solutions may include spectacles, eye exercises or colorimetry (use of colour). If a coloured overlay is found to be of benefit, tinted lenses may be recommended.**
- **This checklist will help to determine whether you need to make an appointment with an optometrist with expertise in these areas.**
- **Indicators 2, 3,4,7,8, 15 & 16 are very common amongst the dyslexic population**

A tick in the “?” column indicates that the symptom is present sometimes.

	YES	NO	?
1. Have you been prescribed glasses? [If YES, why?]			
2. Does reading make you tired?			
3. Do you often lose your place when reading?			
4. Do you reread or skip lines when reading?			
5. Do you ever read numbers / words back to front?			
6. Do you miss out words when reading?			
7. Do you tend to mis-read words?			
8. Do you use a marker / your finger to keep the place?			
9. Are you easily distracted when reading?			
10. Do you read for pleasure?			
11. Do you get headaches when you read?			
12. Do your eyes become sore or water?			
13. Do you screw your eyes up when reading?			
14. Do you rub or close one eye when reading?			
15. Does white paper [or a whiteboard] seem to glare?			
16. Does print become distorted as you read?			
17. Do your difficulties increase the longer you read?			

Describe your difficulties

Comments on vision during computer work

NAME.....

DATE.....

NEAREST SPECIALIST.....