

VISUAL STRESS



Information
for teachers
and parents

INTRODUCTION

- Visual stress is sometimes called Meares-Irlen Syndrome or Scotopic sensitivity
- It is where people have visual difficulties caused by certain colours and light situations
- The condition causes black print on a white background to become “fuzzy”, the words may move or be too bright
- Visual stress can be made worse by florescent lights
- It affects both children and adults



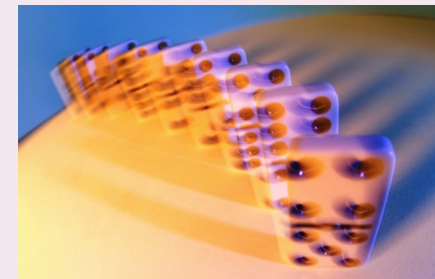
WHO DOES IT AFFECT?

- Dyslexics are more likely to suffer from visual stress
- Migraine sufferers
- Epileptics
- Children and adults with autism



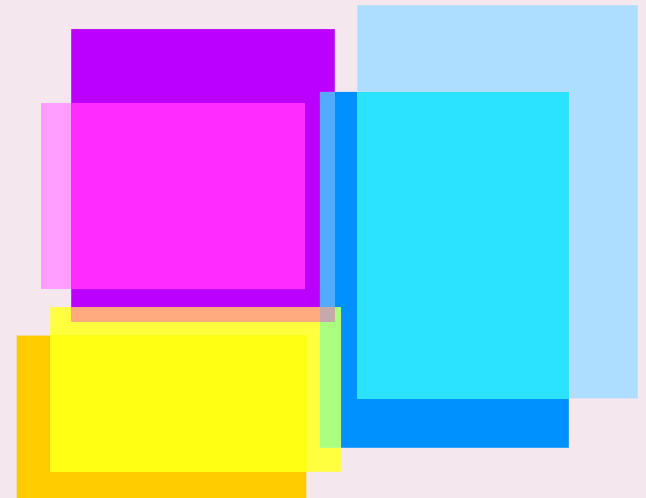
YOU MIGHT NOTICE THESE SYMPTOMS..

- Eyestrain, sore or tired eyes
- Headaches
- Visual distortions – blurring, fading, movement of letters, seeing patterns in the text
- Migraines – those associated with visual “auras” - affecting the eyesight



HOW TO HELP....

- Coloured filters in the form of acetate overlays may help, try lots of different colours to see which is best
- Change the background colour on a computer screen, again try lots of different shades
- Reduce stark overhead lighting wherever possible
- Use coloured paper for reading and writing, choose a colour which is close to the preferred overlay



WHAT TO DO IF YOU SUSPECT A PROBLEM

- It is very important to have a full eye exam to rule out possible underlying medical conditions
- Contact your child's class teacher or the school SENCO. They can make a referral to specialist learning support staff if a problem is suspected

