## Welcome to Vision Sense!

Vision Sense Optometry is the first practice in Nova Scotia offering neuro-optometric/ functional, vision rehabilitation, developmental and behavioural vision services and vision therapy. At Vision Sense, Dr. Angela Dobson and Dr. Alice Yuan work to develop and improve visual skills in those diagnosed with reading difficulties, learning difficulties, ADD, ADHD, and dyslexia, among others, as well as those with post traumatic visual symptoms occurring with acquired/traumatic brain injuries, concussions, whiplash and strokes.

**Vision Sense is the only clinic of its kind in Nova Scotia.**

## What is vision therapy?

Optometric neuro-visual therapy treatment programs are carefully formulated to correct visual-motor, accommodative, convergence and/or perceptual-cognitive inefficiencies. Treatment sessions include activities, exercises and procedures that augment the brain’s capacity to manage alignment, focusing, eye movements and visual processing. Optometric neuro-visual therapy assists the rehabilitation of people who have difficulty reading, problems comprehending what they have read, headaches, fatigue, balance problems, light, sound and movement sensitivities among other symptoms. This group of people often struggle at work or have difficulty in school.

At Vision Sense, we provide a thorough neuro-optometric assessment, progress evaluations and various forms of treatment, including yoked prisms, ophthalmic lenses and prisms, optometric neuro-visual therapy and perceptual therapy. The visual therapy component is often the missing link in reading, learning and school performance difficulties. Optometric neuro-visual therapy is not simply a program of eye exercises; it is a guided (monitored) program targeted at helping your brain and eyes work better together and to improve your overall visual performance.

## How can vision therapy help learning difficulties?

Many learning difficulties are associated with visual problems, including difficulty reading, eye tracking, difficulty focusing to read, convergence or accommodative insufficiency. Many of these problems manifest in poor reading skills, frustration with near tasks, tired eyes, difficulty with comprehension, fatigue and inability to pay attention. The detection of these eye difficulties is often very subtle and is not always identified during a regular eye exam.

## How is it different than a regular eye exam?

The ability of the eyes to work together is tested during a regular eye exam, on a gross scale. The subtle dysfunctions are often not elicited during a normal eye exam, thus leading to the conclusion that there is nothing wrong with the eyes. At Vision Sense, the eyes are specifically tested for imbalances between the two eyes, under normal circumstances and also when the eyes are fatigued.

Once Dr. Dobson or Dr. Yuan does her thorough initial assessment, she will recommend a plan based on her findings, designed specifically for you. Costs associated can vary depending on what she recommends.

Occasionally, optometric neuro-visual therapy can be covered by insurance companies. Ensuring approval and payment from your insurance company will be your responsibility. You can obtain the appropriate documentation for your representative by contacting our office.

For more information, visit our website at [*vision-sense.ca*](http://www.vision-sense.ca).

If you have any further questions or would like to book an assessment or a series of sessions, please contact our office at 902-454-1520, fax (902) 454-2552 or email [info@vision-sense.ca](mailto:info@vision-sense.ca).

See effectively in your future!

**Angela Dobson. BSc., O.D.**

Development and Rehabilitation Optometrist