

## **Guidelines for taking care of your vision with Parkinson's**

Eye Exams should be at least annually, more often if advised so by your eye doctor. Other eye conditions may still occur as you age. Make sure your doctor is aware that you have Parkinson's and what medications you are on. Tell them of common symptoms you may have related to Parkinson's: dry eye, blurred vision, reading problems such as fatigue, and losing your place when reading. Let them know if you have double vision at distance tasks or near tasks. You could ask to have your color vision and peripheral vision evaluated. You could request testing for prism in your glasses.

### **Ideas for eyeglasses for Parkinson's patients:**

A separate pair of just prescription reading glasses could make reading easier so you do not have to hunt for your bifocal area.

With head movement from Parkinson's, no line bifocals could be difficult to use.

The bifocal or reading power might be reduced to allow you to hold your reading material farther away, allowing for less convergence of your eyes.

Protective lens material is a must for falls and dropping glasses.

Tint, either to enhance contrast or help with slow-responding pupils can be useful.

Ask if they have resources for vision therapy to help with eye movements.

Consider occupational therapy to help with daily tasks. Mobility training can help prevent falls.

### **Possible providers (in alphabetical order):**

Dean McGee Eye Institute, OKC, Neuro-Ophthalmology Clinic 405 271 1091

Dr. Megan Ford, Tulsa, Vision Therapy

918 949 4002

Dr. David Free, Tulsa, Vision Therapy

918 582 7346

NewView Oklahoma, has occupational therapy, vision care and mobility training.

Tulsa and OKC, 855 811 9699