



East Sussex  
Vision Support

# **Sight impairments following a stroke**



Supporting people who are  
blind or partially sighted throughout  
East Sussex, Brighton and Hove.



## **SIGHT IMPAIRMENTS EXPLAINED**

People who are experiencing sight impairment after stroke will benefit from the services of the East Sussex Vision Support (ESVS).

This leaflet explains the different types of sight impairments that can occur after a stroke, and the support available from ESVS. After a stroke, visual problems often resolve themselves in time, as the problem is not in the eye itself, but is a result of damage to the brain at the time of the stroke. ESVS can offer help and advice on how to cope meanwhile.

It is a good idea to see an optician who can establish that there are no other sight problems and can take into account pre-existing difficulties. A referral can then be made to a Consultant Ophthalmologist if necessary. Registration, as sight impaired, may also be appropriate.

## **POSSIBLE EFFECTS**

### **Visual Field Loss**

This is common after a stroke and means that you cannot see everything that you could before – you may have ‘blind spots’. A field test can confirm the extent of the problem.



**01233 832252**



**info@eastsussexvisionsupport.org**

## Hemianopia

Meaning 'without half-vision' is a type of visual field loss where a person only sees the right and left half of vision from both eyes. This can be very slight, or a more severe visual loss. Difficulties in reading or missing food on one side of a plate can be a sign of hemianopia.

A similar problem is quadrantanopia, where a quarter of the visual field is missing. There can also be abnormal eye movements after a stroke, and double vision or blurred vision.

## Visual Neglect

The eye and visual pathways to the brain are intact, however, there can be an alteration in awareness and perception of the world due to physical damage to the brain. A person can be unaware of objects and people on the affected side and bump into things or seem to ignore people.

## HOW ESVS CAN HELP

For anyone with stroke related sight problems, ESVS can provide individual support, including:

- Explanations of this eye condition and its effects, and positive strategies for coping.
- Advice on lighting and contrast.
- Referrals to appropriate clinicians, agencies and organisations.

## **CONTACT**

**For further information on lighting, equipment, or training available to you:**

### **East Sussex Vision Support**

13 Vicarage Field  
Hailsham  
East Sussex  
BN27 1BD

**T:** 01323 832252

**E:** [info@eastsussexvisionsupport.org](mailto:info@eastsussexvisionsupport.org)

**W:** [eastsussexvisionsupport.org](http://eastsussexvisionsupport.org)



**East Sussex  
Vision Support**

Registered Charity: 209535