My Vision Therapy Evaluation
A Visit to Vision Therapy

Hi! My name is Zoey.

Today, I had a Vision Therapy Evaluation at The Eye Center.

Let me tell you all about it.
First, we checked in at the front desk. This let the doctor know that I was there.

We waited quietly for the doctor to call us.
Meeting the Student Doctor

My student doctor came to get me for my evaluation.

We went to the elevator. I got to press the button!
The Vision Therapy Evaluation

There were a lot of toys and activities in the vision therapy room. I sat at a table and did not touch anything.

When it was my turn to play, the student doctor sat with me, and we played some games.
I covered each eye with my hand and told the student doctor the shapes I saw.

The student doctor covered my eyes with her hand. I told her how many fingers I saw.
The student doctor moved little windows in front of my eye while I looked at her nose.
I followed a light with my eyes. This checked my eye muscles.

Then the student doctor put the light close to my eyes. It was bright, but it didn't hurt.
I put on special glasses and looked for shapes in a book.
We played some games with colored blocks and shapes.
The student doctor asked me to stack blocks into a tower.

Then, I tried to copy her block tower.
We played a game where I copied a pattern of pegs.
I did a puzzle with shapes.

Then I put sticks on top of a shape.
The student doctor named shapes, and I tried to draw them.

Then I drew shapes inside a stencil.
I followed directions to move my arms and legs. I got to balance on one foot.
I tried to walk across a beam and keep my balance.

I also jumped on a trampoline.
We did a test where I called out numbers as fast as I could.
Then I touched lights on a machine.
The staff doctor came in to play a few more games with me. Then she talked to my mom and me.
We went to another office to make appointments for vision therapy.

Then I rode in the elevator again.
We checked out at a desk. We were all finished!

A special thanks to NSU College of Optometry for letting us use their story as a model.


Coulter RA. Understanding the visual symptoms of individuals with autism spectrum disorder (ASD). Optom Vis Dev 2009;40(3):166
