



Team for Children with Vision Loss

Astigmatism

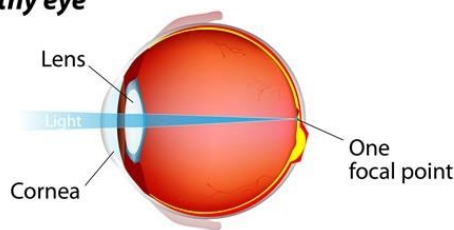
What is Astigmatism?

Astigmatism is a very common vision problem caused by an irregularity in the shape of the cornea at the front of the eye. This causes blurred or distorted vision as the retina receives more than one image. The eye is described as a rugby ball shape rather than a football shape. There are varying levels of astigmatism.

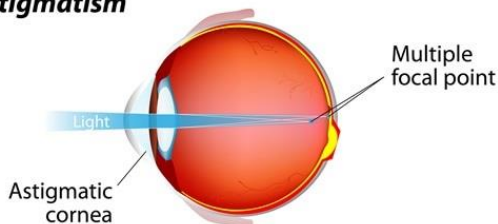
How does this effect the way the child sees?

- ✓ Astigmatism affects the persons near and distance vision, causing blurred vision.

Healthy eye



Astigmatism



What can be done to help?

- The child will be prescribed glasses, which should be worn all the time. With glasses, the person should be able to achieve normal or perfect levels of corrected vision.
- It should be noted that when a child has glasses for astigmatism the prescription can be quite complicated, as there are 3 elements to the prescription the optician has to determine. It can take more than one assessment of the vision to prescribe the bespoke prescription of glasses correctly in order for the best clarity of vision. The prescription for each eye with an astigmatism will have a sphere, cylinder and axis measurement.

How can parents, family, friends, and teachers make a difference?

- Ensure the child wears his/her glasses for all near vision tasks.
- Ensure the child attends optician appointments regularly as advised by the optician.
- If the child reports that he/she can't see properly through the glasses, or isn't keen to wear them, take the child with his/her glasses back to the opticians to have the vision and glasses re-assessed. This might be the only way to know if the complex astigmatism prescription is exactly right for the child's astigmatic eyes/s.

Please note the font used in this information leaflet is called Verdana and is used because it is one of the most visually friendly fonts for people with vision difficulties and is also Dyslexia friendly too.

Further information for support for children and young people with vision loss can be found on the Birmingham Local Offer website:

[Sensory Support Vision - Local Offer Birmingham](#)

November 2023