



Vision Support Team

Team for Children with Vision Loss

Double Vision or Diplopia

What is Double Vision or Diplopia?

Double vision can be caused by a problem in the eyes or the brain. Double vision might occur in specific circumstances, such as looking at things in the distance or at near vision or in a particular direction. In some cases the double vision may fluctuate throughout the day, but most often more evident when the child is emotionally affected ie tired, visually fatigued, upset, unwell or stressed.

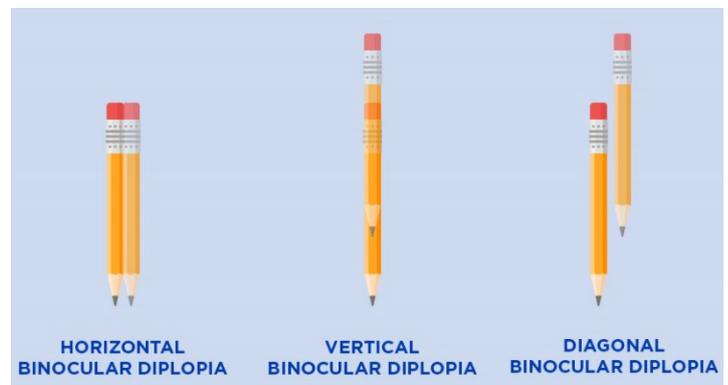
How to tell if double vision is caused by the eyes or the brain?

Try closing one eye at a time. If there is double vision when looking with the right or left eye alone, then the cause is ophthalmological (the eye).

On the other hand, when double vision is present with both eyes open, but goes away upon looking with only one eye, the cause may be the brain. This type of double vision occurs because of unusual eye movements (by the brain) that cause the eyes to become uneven. When the eyes are not aligned properly, one eye sees an image in one location, while the other eye sees the same image in another location. Understandably, the brain becomes confused and sees two images instead of one. When one eye is closed, the double vision immediately goes away, because the brain receives information from just one eye.

How does this affect the way the child sees?

- ✓ In some cases, the 2 images are completely separate and in others the images overlap (see image).



What can be done to help?

- In some cases' the child maybe prescribed glasses, which will have a special prism lens to bend the image.
- The child might be given eye muscle activities to regularly undertake each day.
- If there is an ocular (eye) difficulty, then there may be an operation that can help.

Please note- all of the above are under the direction of an Ophthalmologist who will have diagnosed the double vision (diplopia), along with the cause of the

double vision which will impact on which of the above are suitable for the child and their double vision.

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

- Allow the child to explore where in the classroom is most suitable for them to see the whiteboard most effectively. This should be done at break time when the other children are not in the room. Please note, not all children benefit from sitting right at the front, but also as each individual is affected differently it is best practice to allow them to explore the seating position themselves and allow them to sit in the position they find gives them the best viewing position when taking into account the affects of the double vision.
- Present words/print that is required to read in a wider lined spacing ie 1.5 lines or double spacing.
- Use clear uncluttered presentation ie black print on a white background, rather than a busy background.
- Produce work in a clearer font style - such as Verdana (this font) or Century Gothic (this font) to allow for ease and speed of reading.
- Use a reading ruler, or a reading 'window card' to minimize the amount of text visible at any one time- especially when larger amounts of texts is required, such as in English lessons.
- Be aware that as the day goes on the affects of the double vision may be greater and this will impact on the child's work. This will be more noticeable if the strategies above are not implemented.
- Ensure the child wears his/her glasses as per the recommendation of the Ophthalmologist (if prescribed).
- If eye muscle strengthening activities are recommended, please ensure the child undertakes them regularly each day, which may also include at times throughout the school day.
- If the child closes one eye, allow them to do this, but also remember that doing this will most likely impact on their speed of work.
- Ensure the child attends Ophthalmology/optician appointments regularly.

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](#)

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