



Eyegames: Easy and Fun Visual Exercises: An OT and Optometrist Offer Activities to Enhance Vision!

By Lois Hickman, Rebecca Hutchins

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Developing healthy visual-motor abilities is more difficult in the complex stimulus of today's world than ever before. Our visual experiences can be overwhelmed by the vast complexity of artificial colors and sounds which did not exist in our ancestors' lives. Much more time is spent indoors, exposed to a myriad of unnatural colors, movement and imagery. We hibernate inside, interacting with machines instead of being out in the sunlight, looking at the far horizons, exploring natural environments. More and more time is spent sitting rather than moving, watching rather than doing.

Here is a book that has:

- An overview of the development of vision, with a checklist of warning signs of vision problems-based on the studies of behavioral optometry
- A discussion of the importance of integrating all the senses equally in the development of optimal visual skills, rooted in the field of occupational therapy
- Practical, playful activities designed to improve visual skills in both adults and children. Excellent for use at home, in the clinic, at school, or amid outdoor settings

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Editorial Review

Review

"At last! A wonderful guide showing how the collaboration between behavioral optometry and occupational therapy can benefit children. This booklet should be used in every school in America! If educators and parents understand the importance of vision to learning and behavior, far fewer students would need special education."

— Patricia Lemer MS, NCC Director of Developmental Delay Resources

About the Author

Lois Hickman, MS, OTR, FAOTA maintains a private clinic at her organic farm in Lyons, Colorado, where she works with children and adults. Her key treatment components emphasize Sensory Integration theory and practice and the use of music. Lois is also recognized for her work with Fragile X Syndrome clients. In 1998, the Occupational Therapy Association of Colorado awarded Lois its highest honor, the Marjorie Ball Award of Merit, for her outstanding contribution to the field of occupational therapy. In 2000, Lois was honored by being selected as a "Fellow of the American Occupational Therapy Association."

Dr. Rebecca E. Hutchins, O.D., FCOVD encourages her patients to "look beyond 20/20---beyond eyesight and into vision." Dr. Hutchins prides herself in taking the time needed to fully evaluate the visual system. She frequently confers with other professionals, including teachers, special educators, pediatric occupational therapists, speech pathologists, school psychologists, chiropractors, osteopaths, cognitive rehabilitation providers, and EEG neurofeedback professionals.

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