



Course Instructor:

Elsa Zavoda, MS OTR/L, SCLV, CLVT

Assessment & Treatment Strategies for Low Vision Rehabilitation in Older Adults

Lecture & Hands-On Lab

Introductory Course

12.5 Contact Hours (1.25 CEUs)

October 6 & 7, 2017

Intended for Occupational Therapists & Occupational Therapy Assistants



The mission of Vision Loss Alliance of New Jersey is to create and deliver expert programs and services that build confidence and improve the quality of life for individuals living with profound vision loss.

At Vision Loss Alliance of New Jersey, we:

- Empower independence by creating programs that change lives.
- Build confidence in every person we reach.
- Encourage awareness within the communities we serve.
- Listen intently to the voices of those with profound vision loss.
- Create community – a place for all to feel connected and respected.

Course Description: This introductory hands-on, two-day seminar & lab will cover the anatomy and physiology of the eye, common eye diseases, current medical

treatments and the impact of low vision on the patient's ability to perform various activities of daily living. After attending this program, participants will have the tools to quickly and effectively evaluate low vision and measure the effectiveness of low vision treatment plans in their practice setting. In addition, this program will also supply professionals with the necessary education and preparation on how to provide low vision rehabilitation services within an existing or new practice.

Course Instructor: Elsa Zavoda, MS OTR/L, SCLV, CLVT has been a practicing Occupational Therapist since 1997 with extensive clinical experience, serving in a variety of settings. Ms. Zavoda graduated from the University of Indianapolis with a Master of Science in Occupational Therapy. Ms. Zavoda obtained a Graduate Certificate in Low Vision Rehabilitation from the University of Alabama at Birmingham in 2007 under the leadership of Mary Warren, MS OTR/L, FAOTA, SCLV. She has served as a teaching assistant, working directly with Ms. Warren. Ms. Zavoda has been concentrating in the field of Low Vision Rehabilitation since 2006. Ms. Zavoda is the 16th Occupational Therapist in the U.S, and the first in NJ to be awarded Specialty Certification in Low Vision (SCLV) from AOTA in January 2010. She also has earned her Certified Low Vision Therapist (CLVT) credential from ACVREP in September 2010. Ms. Zavoda has successfully established and implemented 3 low vision programs in NJ, including at The Low Vision Center of Central NJ. She currently serves as the Program Director for the Vision Loss Alliance of NJ. Elsa also serves as the Vision Advisor for OccupationalTherapy.com, and as an Independent Peer Case Reviewer for MCMC.

Learning Objectives:

- Demonstrate an appropriate understanding of the actual definition of low vision, the various eye conditions, and the subsequent implications on a patient's ability to perform activities of daily living.
- Describe the components of a typical low vision evaluation and have exposure in administering some of the tools that are available to healthcare professionals.
- Identify how to proceed with low vision treatment to address functional deficits and to incorporate aspects of it into a variety of clinical settings.
- Implement appropriate environmental modifications to increase a patient's level of home safety.

- Compare the various optical devices that may be prescribed by the referring ophthalmologist or optometrist and begin to learn how to use them during a hands-on lab session.
- Analyze and formulate the steps necessary in order to establish a low vision program at a current facility.
- Recognize the signs and making appropriate referrals for at-risk individuals who may suffer a low vision condition that results in frequent falls and self-injury.

Course Outline- Day 1

9:00-10:00	<ul style="list-style-type: none"> I. An Overview of the history of Low Vision Rehabilitation <ul style="list-style-type: none"> A. Demographics- current and future B. The healthcare vs. the blindness system C. OT's evolution in the role of OT D. WHO classification of the different ranges of visual impairment II. Review of Anatomy & Physiology of the Eye
10:00-11:00	<ul style="list-style-type: none"> III. Review of the More Common Eye Diseases and Current Medical Treatment Available <ul style="list-style-type: none"> A. Cataracts- not usually seen in low vision rehabilitation B. Age Related Macular Degeneration C. Glaucoma D. Diabetic Retinopathy E. Other conditions
11:00-11:15	15 Minute Break
11:15-12:30	<ul style="list-style-type: none"> IV. Low Vision Evaluation <ul style="list-style-type: none"> A. Evaluation by low vision optometrist B. Taking a history- past medical history, social history, patient complaints/goals, cognitive status, etc. C. Distant/Near Visual Acuity D. Contrast Sensitivity Testing- (Lea Numbers) E. Oculomotor evaluation F. Reading assessment- (VSRT) G. Writing assessment- (Collin Writing Assessment) H. Scotoma awareness/PRL training I. ADL assessment
12:30-1:30	Lunch Break On Your Own
1:30-4:30	<ul style="list-style-type: none"> V. Lab Session- In Pairs <ul style="list-style-type: none"> A. Administer/Grade MnRead B. Administer/Grade- VSRT C. Scotoma Assessment/PRL Training
4:30	Adjourn for the Day

Course Outline-Day 2

9:00-11:00	<p>VI. Low Vision Treatment</p> <ul style="list-style-type: none"> A. Education in altering lighting and types of lighting to use or avoid B. Education in creating contrast within the home C. Education in various physical modifications/safety measures to ensure household safety D. Writing activities with use of modifications E. Activities of Daily Living/Home management tasks F. Diabetic self-management G. Review use of eccentric viewing techniques (PRL training) H. Computer Accessibility I. Basic Principles of Optics J. Reading/spotting activities with use of various optical aids <ul style="list-style-type: none"> 1) Hand held magnifier 2) Stand magnifier 3) Various high powered spectacles <ul style="list-style-type: none"> a) Prism spectacles b) Aspheric spectacles K. Use of electronic magnification <ul style="list-style-type: none"> a) Desktop CCTV/Acrobat b) Portable CCTV c) Text to Speech Scanners d) Discuss other electronic devices currently on the market L. Distance Magnification <ul style="list-style-type: none"> a) Telescope b) Spectacle Binoculars/Max TV Spectacles
11:00-11:15	Morning Break
11:15-12:30	<p>VII. Lab Session- In Pairs or Trios</p> <ul style="list-style-type: none"> A. Education in basic principles of optics and hands-on use of various optical devices. Discussion of Advantages/Disadvantages of Each Device B. Basic Orientation and Mobility in the Home/Sighted Guide Technique
12:30-1:30	Lunch On Your Own
1:30-2:30	<p>Lab Session- In Pairs or Trios</p> <p>Case Studies with Discussion Afterwards</p>
2:30-4:00	<p>VIII. Setting up a Low Vision Program at your Facility</p> <ul style="list-style-type: none"> A. Performing a survey to determine the need in your geographical area B. Establishing the low vision rehabilitation team- model of care and relationship between MD's, OD's, and OT's. C. Review of acceptable Medicare billing ICD-9 and CPT codes in obtaining reimbursement of services provided D. Marketing the program E. Selecting and ordering evaluation and treatment supplies/materials F. Development of paperwork which meets current Medicare guidelines
4:00-4:30	IX. Questions and wrap-up
4:30	Adjourn

Educational Information:

Vision Loss Alliance of NJ is an approved single course provider by AOTA. This course is offered for 1.25 AOTA CEU's. Certificates will be awarded to participants who attend the conference, submit completed evaluation forms, and sign the daily attendance rosters to verify attendance. The number of continuing education units (CEUs) awarded will be based upon the number of conference hours attended. The assignment of AOTA CEU's does not imply endorsement of the specific course content, products, or clinical procedures by AOTA.

Registration Fee:

Early Bird (by September 8, 2017): \$349

Regular Fee: \$399

Registration Fee Includes: Conference Manual & Handouts, Daily Continental Breakfast.

Early registration will be accepted until Friday, September 8, 2017. Regular registration will be applicable after this date. Cancellations & requests for refunds in writing will be accepted until September 29, 2017, minus a \$20 non-refundable administration fee. After that date, no refunds will be granted. In the event of course cancellation by VLANJ, the full registration fee will be refunded. Travel expenses incurred will not be covered. Please note: If you require any specific accommodations, please contact us directly. For more information, or to join our mailing list, please visit our website at: www.vlanj.org, or contact Elsa Zavoda, MS OTR/L, SCLV, CLVT at (973) 627-0055; ext. 1335.

Please register via mail with a check to:

Vision Loss Alliance of New Jersey
155 Morris Ave., Suite 2
Denville, NJ 07834

Name: _____

E-mail: _____

Phone: _____

Profession/Job Title: _____

Name for Certificate: _____

Organization: _____

Mailing Address: _____
