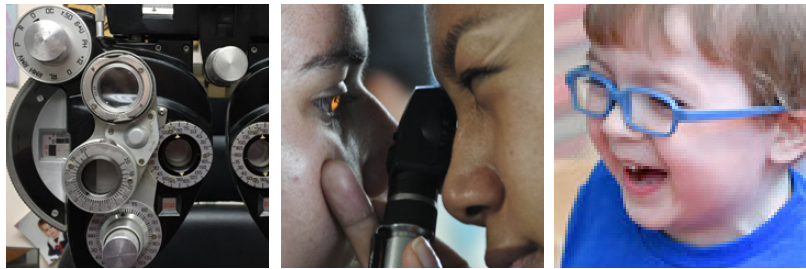


Parent's Guide to Successful Vision Exams for Children with Autism



These materials are the product of on-going activities of the Autism Speaks Autism Treatment Network, a funded program of Autism Speaks. It is supported by cooperative agreement UA3 MC 11054 through the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Research Program to the Massachusetts General Hospital. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the MCHB, HRSA, HHS, or Autism Speaks."

1



New experiences, including medical visits, can be difficult for individuals with autism. A trip to the optometrist's office for a vision exam is one type of medical visit that can be challenging because an eye exam may be upsetting for patients who are over-reactive to sensory input. Because exams are done infrequently, desensitization through repetitive visits does not usually occur.

The [social narrative](#) here, Vision Exam, leads families and caregivers through a visit to the optometrist's office and a full, step-by-step vision exam. This tool can also provide insight into preparing ahead of time to make the visit as smooth, anxiety-free and productive as possible.

2



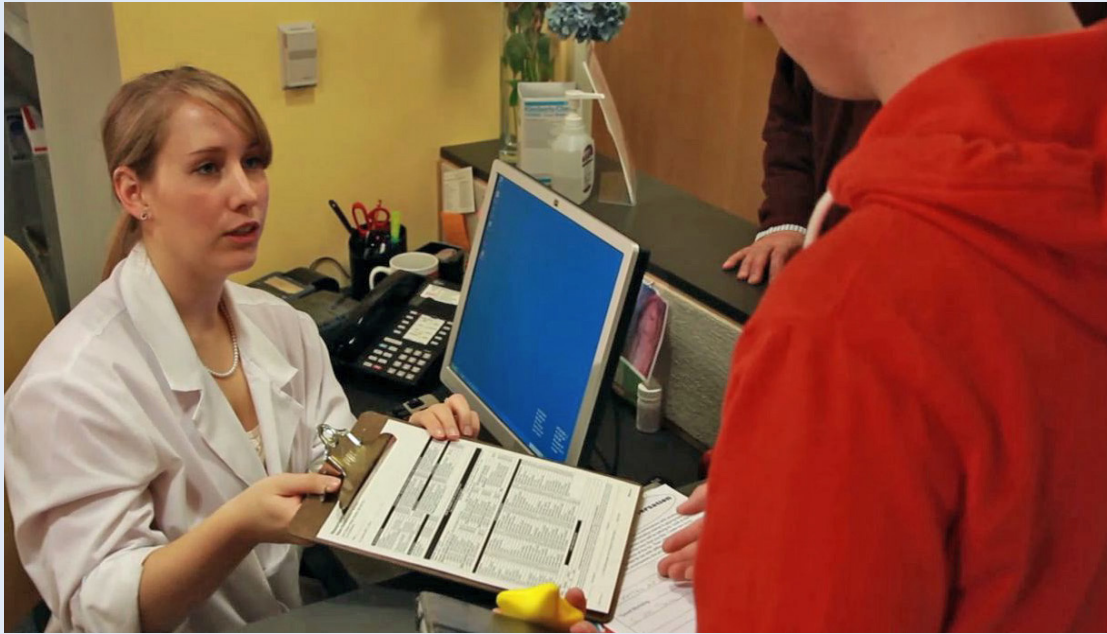
I will prepare for the appointment with my family or my teacher.

3



I will go to the front desk and tell the person my name and that I am here for an eye examination.

4



I will get a form to fill out about my health.

5



After I check in I will sit in the waiting room and fill out a form about my health.

6



I will wait to hear my name called.

7



The doctor will ask me some questions before he checks my vision.

8



The doctor will turn the lights off for the eye exam.

9



The doctor will explain what he is going to do
and show me too.

I can ask the doctor questions.

10



The doctor will ask me to follow a light or another object with my eyes.

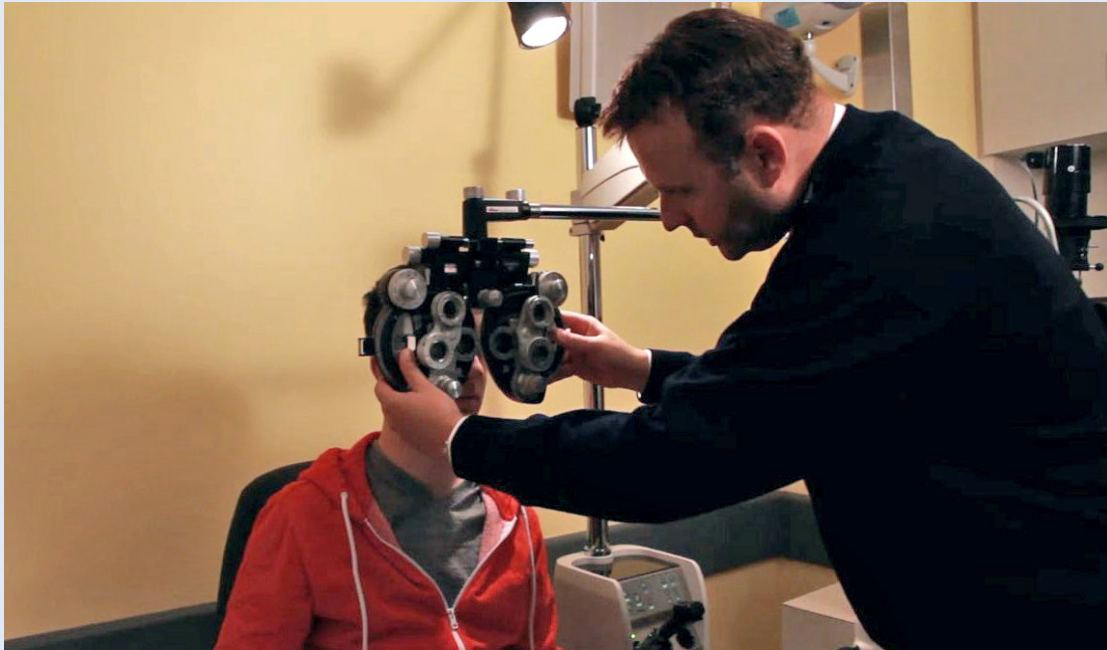
He will shine a light in my eyes but it will not hurt.

11



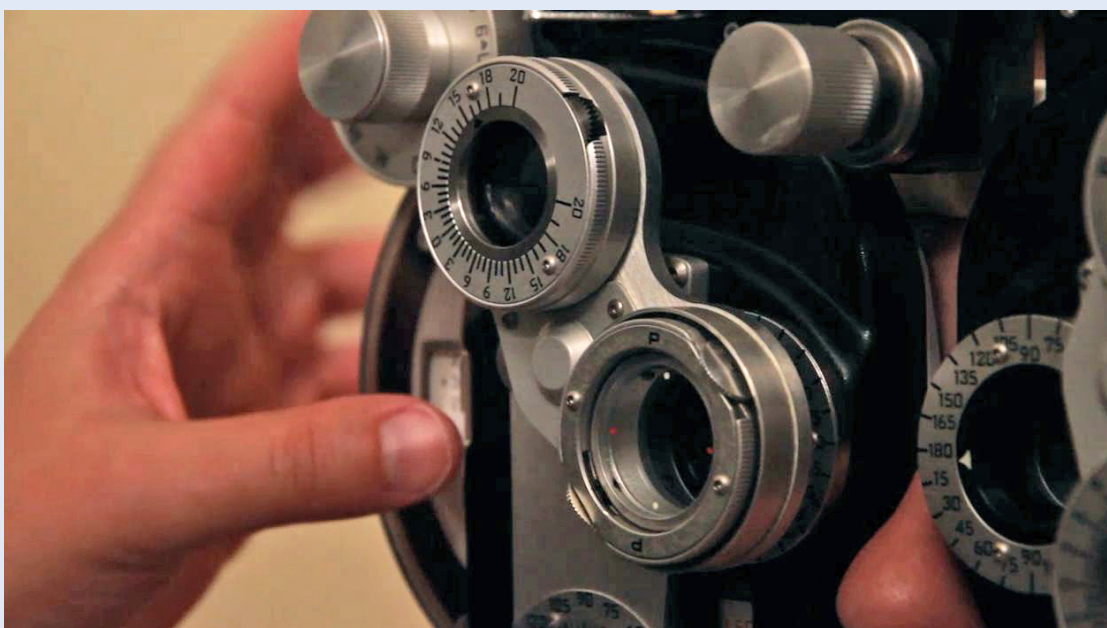
The doctor will ask me to read numbers on a colored background to see how I see colors.

12



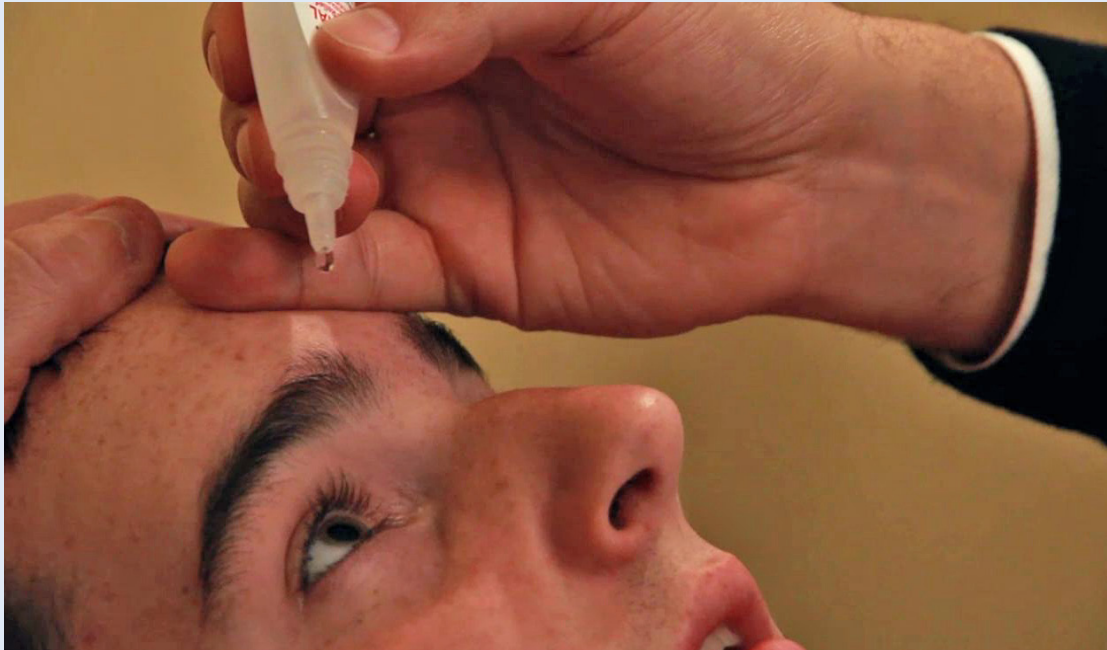
The doctor will ask me to look through a machine to check for clear vision.

13



The doctor will adjust the controls and my vision may be blurred or clear.

14



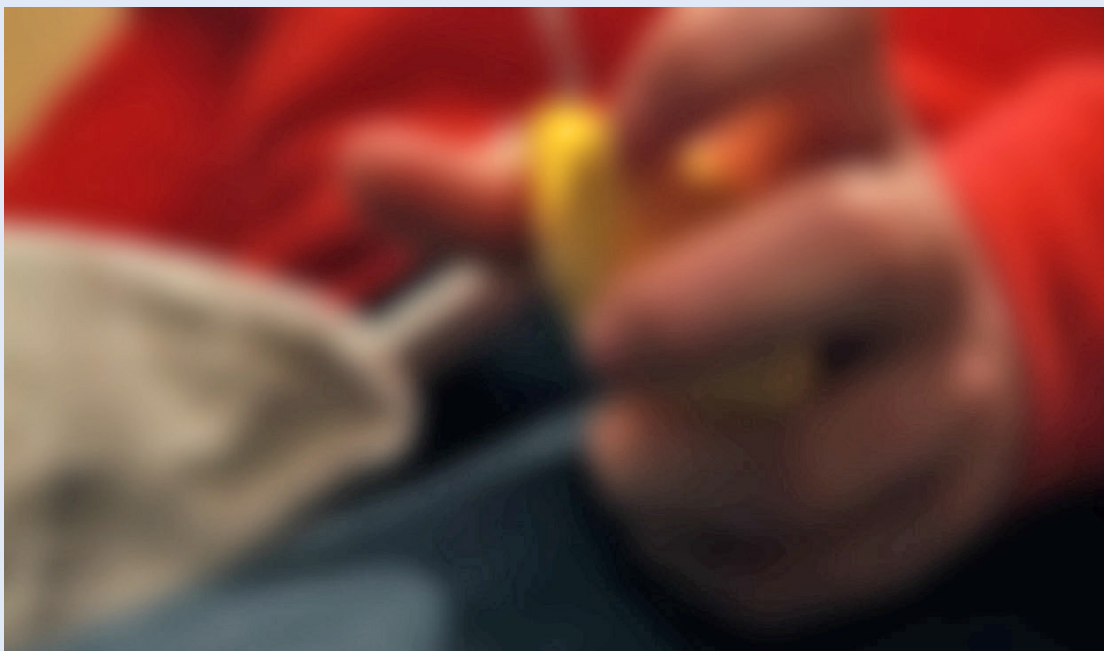
The doctor will put eye drops in my eyes that may sting a little at first and then it will be okay after that.

15



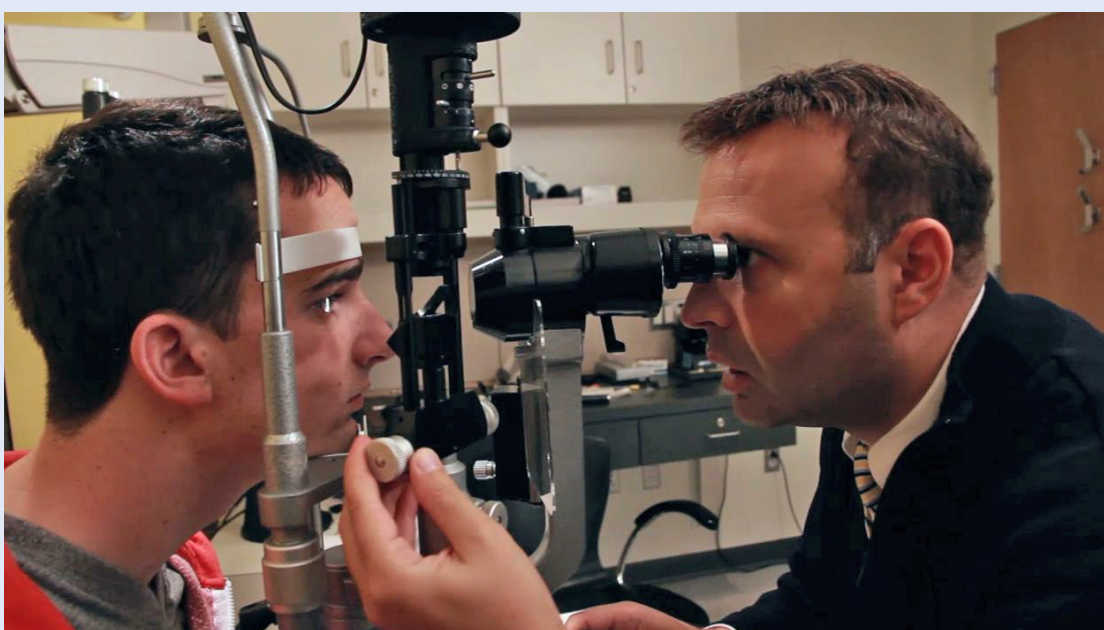
The drops may roll out of my eyes.

16



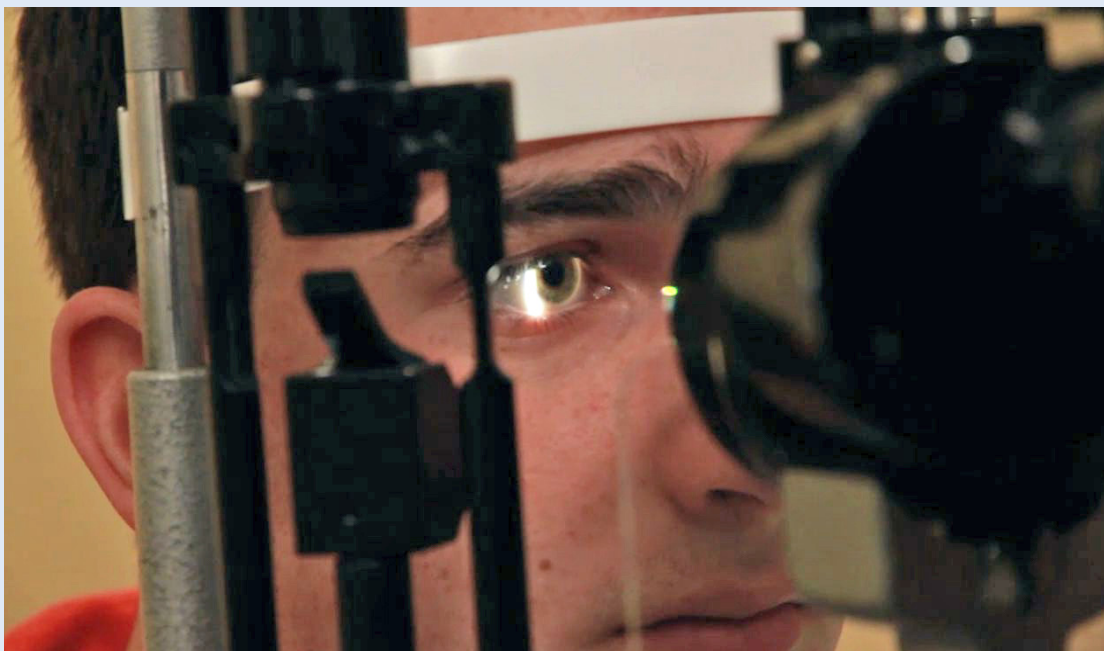
My eyesight will get blurred.
I may need to wear sunglasses for the rest of the day
after the exam.

17



The doctor will ask me to rest my chin in another machine
so he can look closely at my eye with a light.

18



The doctor will shine a light in my eye and I can blink if I want to.

19



The doctor may ask me to close my eyes and put his fingers on my lids so he can check the pressure in my eyes.

20



The doctor will get very close to me so he can look in my eye with a light. I should not blink my eye. I should keep my eyes open and keep still. Then the doctor will look at the other eye.

21



At the end of the exam, the doctor will turn the lights on. He will ask me if I have any questions, and will tell me how to contact him if I have more questions later.

22



The doctor will say goodbye to us.

RESOURCES

The Autism Speaks Family Services Department offers resources, tool kits, and support to help manage the day-to-day challenges of living with autism www.autismspeaks.org/family-services. If you are interested in speaking with a member of the Autism Speaks Family Services Team contact the Autism Response Team (ART) at 888-AUTISM2 (288-4762), or by email at familyservices@autismspeaks.org.

ART En Español al 888-772-9050.

Websites

For more information about social narratives, please visit: <http://www.thegraycenter.org/social-stories>

Autism Speaks is proud to partner with Microsoft Office.com to provide Microsoft Office template forms and personalized stories for families of individuals with autism.

<http://www.autismspeaks.org/family-services/office-forms-stories>

Autism Speaks also has religious services social narratives:

http://www.autismspeaks.org/sites/default/files/docs/going_to_church.pdf

http://www.autismspeaks.org/sites/default/files/docs/going_to_synagogue.pdf

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