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## **Vision, The Missing Link:**

About 70% of all sensory input to the brain comes from the visual system. Given its importance in sensory input, vision is frequently under-represented in sensory integration therapy programs. Individuals on the Autism Spectrum have a higher probability of having sensory integration difficulties. It is difficult for other senses to connect and function efficiently without the visual integration needed to understand **how to look, what to look at, and where to look.**

### **Vision Deficits in Autism Spectrum:**

- Poor or absent 3-D vision affects fine and gross motor skills making basic skills such as catching a ball or riding a bike difficult
- Poor perception of visual space can lead to toe walking, or over-organizing of objects to bring order to space
- Difficulty with switching between central attention and peripheral awareness will make it difficult to attend to the person or object of interest
- Deficits in visual integration cause confusion in guiding motor and understanding the world
- Deficits with eye movements cause difficulty with tracking words or objects

- Difficulty making eye contact and discerning the direction of a speaker's gaze impact basic understanding of social and non-verbal cues



**Vision Therapy for Autism Related Vision Deficits can help increase:**

- Sustained visual attention, making other sensory integration therapies more effective
- Direct visual fixation on targets of interest
- Eye contact
- Visual understanding of space and 3-D allowing for markedly improved visual-motor skills
- Visual integration with other senses
- Balance and coordination
- Language skills; as less effort is needed to make sense of objects

**Vision Therapy for autism related vision deficits can help decrease:**

- Visual confusion

- Frustration and behavior
- Clumsiness

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