

**Traumatic Brain Injury  
Resource Bundle  
for American Indians**

## **Managing Vision Problems After Traumatic Brain Injury (TBI)**

**Sam's book club has been letting her control the pace of the book club since her TBI. Sam has had vision problems during her recovery. But her book club wanted to support her and make sure she could still take part.**



**Sam explains that she had to overcome several challenges.**

### **Common Vision Problems After a TBI**

#### **Visual overload**



**People recovering from a TBI may feel overwhelmed when they look at lots of patterns or motions.**

#### **Depth perception**



**A TBI can make it tough to gauge where things are in space.**

## Visual cognition



**A TBI may make it hard for a person to understand visual information or remember a face.**

## Double vision



**Double vision (diplopia) can be common after TBI. Double vision often resolves itself completely over time. Prism glasses may also help with double vision.**

**What have you done to overcome these vision challenges?**



**I've been using different strategies.**

## Strategies and Tools to Overcome Vision Challenges



**I spilled my beads. Kids, can you please help sort them?**

**Avoid visual overload when you can as it may cause vision problems. If you experience visual overload, make sure to rest your eyes.**

## Reduce discomfort



**Reducing glare or lights can help prevent discomfort after a TBI.**



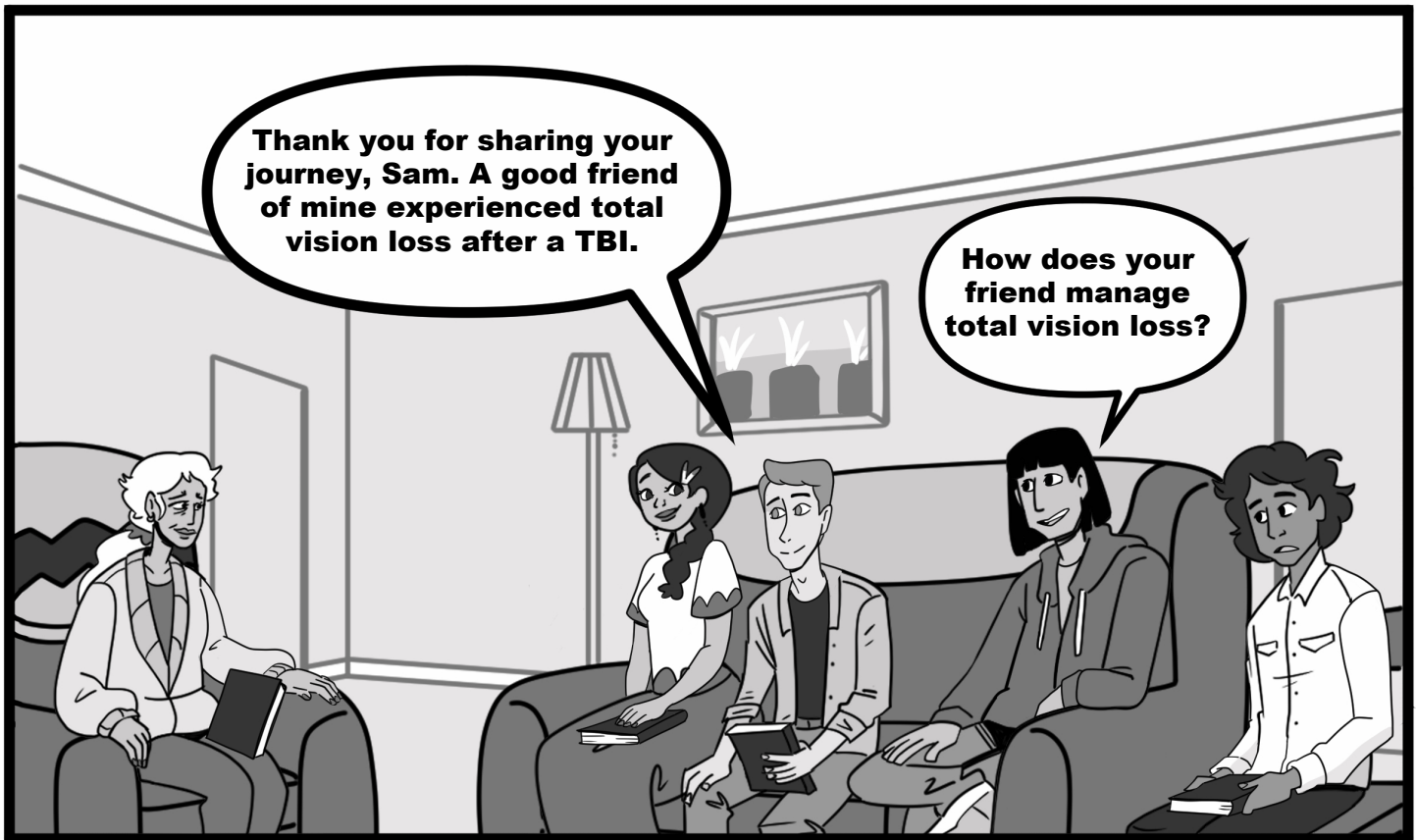
**Using tools to enlarge small text can also help.**

## Use visual aids

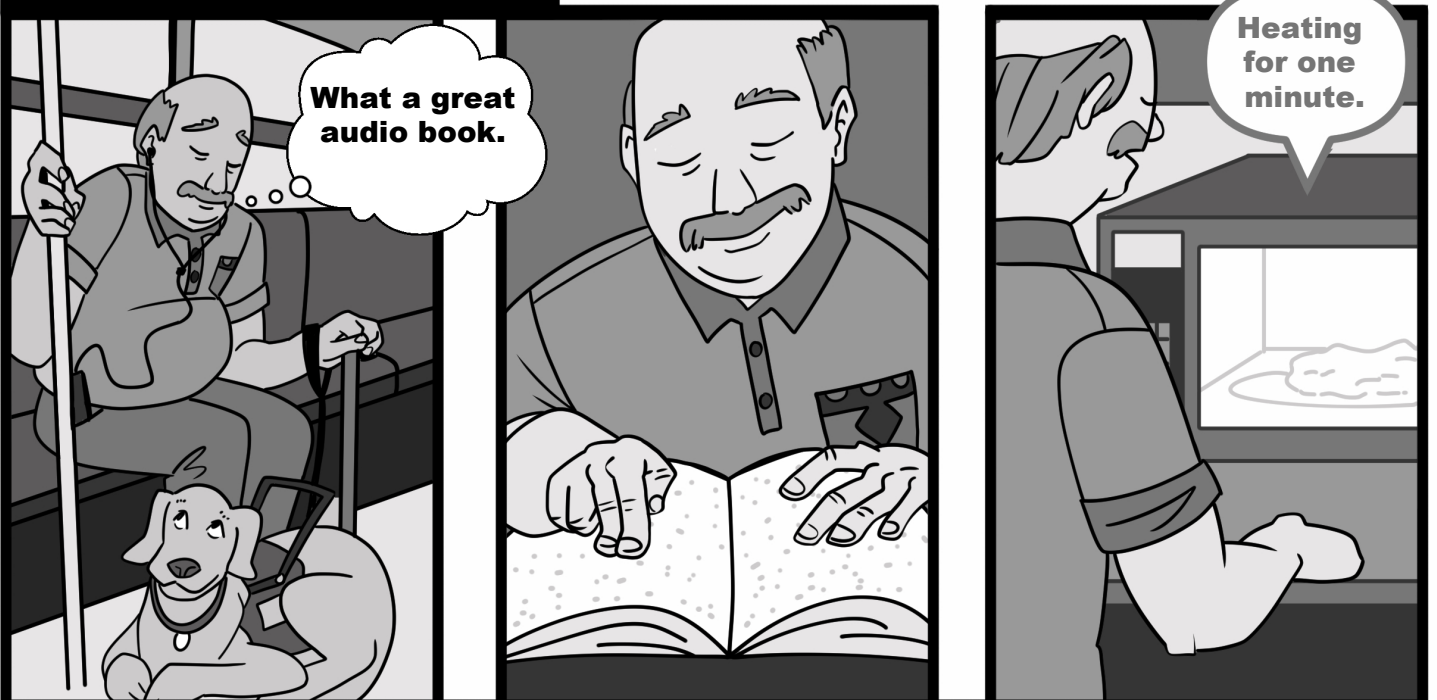


**Corrective lenses can help with blurry vision. Prism glasses and eye patches can help resolve double vision.**

## Dealing With Complete Vision Loss



## Tools for complete vision loss



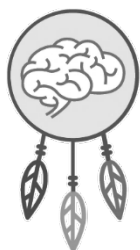
**Audiobooks, braille, and appliances with voice features can help people with complete vision loss to overcome obstacles they might face.**



**Source:** The content of this infocomic was adapted from the factsheet entitled *Vision after Brain Injury*, which was developed by Janet M. Powell, Ph.D., OTR/L; Alan Weintraub, M.D.; Laura Dreer, Ph.D.; and Tom Novack, Ph.D., in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org>).

**Disclaimer:** This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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