



simplifying VT

PROGRAMS AVAILABLE

- **STANDARD**
1 x 45 minute session
each week - over 8 weeks
- **BOOST**
2 x 45 minute sessions
each week - over 4 weeks
- **INTENSIVE**
8 x 45 minute sessions
over 2 weeks

Vision therapy programs are delivered in blocks of 8 sessions. 3-4 blocks are usually required, a recommendation to suit each individual will be made by the optometrist.

Block 1 \$750
(Includes access to Vision Builder)
Subsequent Blocks \$750

WHAT IS VISION THERAPY?

Vision therapy is used to help children and adults develop normal visual abilities. It is a series of structured activities in office and revised at home to provide the necessary stepping stones to improve specific visual skills.

Vision therapy is like going on a guided tour of the amazing world of vision. The vision therapist uses age appropriate, enjoyable tasks to demonstrate and improve specific areas of visual function. These activities are then practiced at home so that the new skill becomes automatic and the patient is ready for a new activity at the next session. Improving just one visual skill can be the difference that makes riding a bike, writing letters and numbers the correct way around or getting 100% in a spelling test possible.

