

# HODGE JONES & ALLEN

## SOLICITORS

### Visual Impairment After Brain Injury

#### A Quick Guide for Families

#### What is it?

Vision is not just about the eyes it is about how the **brain processes what the eyes see**.

After a brain injury, a person may have visual difficulties even if their eyesight appears normal.

#### Common signs

You might notice:

- Tripping on steps or misjudging distances
- Difficulty finding objects
- Trouble recognising faces
- Feeling overwhelmed in busy places
- Appearing inattentive or easily distracted

These symptoms are often mistaken for clumsiness, behavioural problems, or poor concentration.

#### What not to do

- **Don't assume glasses will fix it.**  
Many problems relate to visual processing, not eyesight strength.
- **Don't wait too long to seek help.**  
Early assessment improves outcomes.
- **Don't blame behaviour.**  
What looks like stubbornness may be visual overload.
- **Don't ignore subtle signs.**  
Frequent tripping or getting lost deserves investigation.
- **Don't panic about visual hallucinations.**  
These can occur with sight loss and should be discussed with a clinician.

#### What helps

- Specialist visual assessment
- Individualised visual rehabilitation
- Occupational therapy support
- Assistive technology (where appropriate)

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- Ongoing medical follow-up

Visual difficulties should be addressed as part of the wider brain injury recovery plan.

## Why it matters

Visual impairment can affect mobility, learning, communication and confidence.

It is often invisible to others but early recognition and the right support can make a significant difference.

**If you suspect visual difficulties after brain injury, seek specialist advice.  
Acting early matters.**