

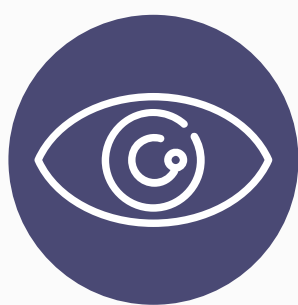
# RETURN-TO-SCHOOL & EXPANDED CORE CURRICULUM

## CONCUSSION AND VISION



### CONCUSSION

a concussion is a brain injury resulting in a sudden shaking or jarring of the brain inside the skull



### VISUAL SYMPTOMS

concussions have visual implications such as blurry vision, involuntary eye movement, sensitivity to light, etc. This symptoms may be difficult to identify in athletes presenting similar pre-existing symptoms due to their vision impairment

## SO, YOU HAVE A CONCUSSION. WHAT ARE SOME AVAILABLE ASSESSMENTS?

Students who are blind or visually impaired may benefit from additional rehabilitation such as:

- Orientation and mobility assessment
- Functional Vision assessment
- Vision Therapy
- Vestibular and Oculomotor assessment

Make sure the assessments are done by a certified professional

## WHEN CAN I START TO RETURN-TO-SCHOOL?



### GUIDANCE FROM PHYSICIAN

it is important to follow the Return-to-Work guideline as per instruction from the medical professional you are seeing for your concussion



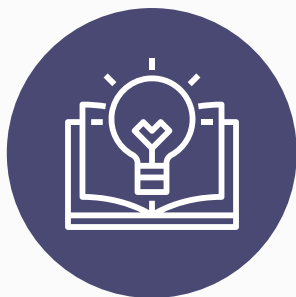
### INITIAL REST PERIOD

an initial 48 hour rest period is key to give your brain time to rest before starting to return to any activities



## WHAT IS THE ECC?

the ECC is a set of specialized concepts and skills taught to students with vision impairments by teachers of students with vision impairments (TVSI).



## AREAS OF THE ECC

there are 9 areas of the ECC that work to compensate for the reduced opportunity for incidental learning resulting from full or partial visual impairment

The guide below provides concussion symptoms that may be noticed and possible modifications in each skill area

### 1

#### SOCIAL INTERACTION SKILLS

##### CONCUSSION SYMPTOMS

Difficulty concentrating or remembering, feeling emotional or irritable, responding inappropriately, sensory overload

##### POSSIBLE MODIFICATIONS

Routine check-in, avoid bright lights/glare, use noise cancelling headphones, avoid overstimulating environments, work in smaller groups

### 2

#### RECREATION AND LEISURE SKILLS

##### CONCUSSION SYMPTOMS

Fatigue or low energy, anxiety, increased clumsiness or difficulty with spatial orientation, reduced functional vision, feelings of grief

##### POSSIBLE MODIFICATIONS

Consider lighting and acoustics, allow for alternative activity, avoid overstimulating environments

### 3

#### SENSORY EFFICIENCY SKILLS

##### CONCUSSION SYMPTOMS

Increased sensitivity to light, sound, smells, headache, nausea, dizziness, irritability, confusion, balance problems, disorientation, difficulty remembering, reduced functional vision

##### POSSIBLE MODIFICATIONS

Consider adaptations to print and technology, breakdown task into smaller chunks, allow for alternative workspace, consider lighting and acoustics

4

COMPENSATORY SKILLS

CONCUSSION SYMPTOMS

difficulty concentrating, remembering, and multitasking, falling behind on school work, becoming easily overwhelmed, anxiety, fatigue or low energy, lack of motivation

POSSIBLE MODIFICATIONS

consider lighting and acoustics, allow for reduced duration or intensity of task, support with activities that require planning and organization

5

ACCESS TECHNOLOGY SKILLS

CONCUSSION SYMPTOMS

headache, dizziness, fatigue, eye strain, difficulty with organization and executive functioning (planning, critical thinking), sensory overload

POSSIBLE MODIFICATIONS

consider lighting and acoustics, consider modifications to technology (blue light, brightness, accessibility settings), decreased task duration and intensity

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ORIENTATION AND MOBILITY SKILLS

CONCUSSION SYMPTOMS

anxiety, balance problems, dizziness, increased clumsiness or difficulty with spatial orientation, changes in gait/stability, reduced functional vision, difficulty remembering and decreased noise discrimination,

POSSIBLE MODIFICATIONS

use a sighted guide and travel with a peer, consider lighting and acoustics, create a backup plan for when a student is experiencing difficulty during independent travel, use of tactile map

7

SELF DETERMINATION SKILLS

CONCUSSION SYMPTOMS

lack of motivation or feeling isolated, feelings of grief and self-consciousness, sadness or anger, difficulty concentrating or remembering, anxiety

POSSIBLE MODIFICATIONS

have a support system in place, use mindfulness techniques to reduce anxiety, encourage the student to explain their symptoms and what they need

8

INDEPENDENT LIVING SKILLS

CONCUSSION SYMPTOMS

anxiety, difficulty with organization and executive functioning (planning, critical thinking), irritability, lack of motivation, feelings of grief, difficulty sleeping, mental and physical exhaustion

POSSIBLE MODIFICATIONS

pace activities appropriately, create lists or reminders of daily habits, have a support system in place, use mindfulness techniques to reduce anxiety

9

CAREER AND VOCATIONAL SKILLS

CONCUSSION SYMPTOMS

difficulty concentrating, remembering, and multitasking, irritability, anxiety, fatigue or low energy, difficulty with organization and decision making, feeling overwhelmed

POSSIBLE MODIFICATIONS

set healthy and realistic expectations, allow for alternative work space, consider lighting and acoustics, break down task into smaller chunks

CONSIDER



RECOVERY

Everyone's concussion recovery is different. What works for one student may not work for another. Be patient and listen to each student's needs

FOR MORE INFORMATION VISIT:

- [parachute.ca](http://parachute.ca) for more concussion guidelines and protocols
- [catonline.com](http://catonline.com) for more concussion education
- [canadianblindsports.ca](http://canadianblindsports.ca) for more on athletes who are blind or visually impaired
- [prcvi.org](http://prcvi.org) for more on the ECC and students with vision impairments