

Title: Nystagmus

What Does This Mean?

Involuntary eye movements which the person cannot control

Nystagmus may be congenital or acquired

There is currently no cure

Glasses may be worn for other reasons but do not help with Nystagmus

Implications for Learning

Owing to the extra time needed to focus the eyes and interpret visual information, the pupil will be “Slow to See”

“Busy” visual information, repeated change of visual focus, ball sports and depth perception may be very difficult.

Anxiety and visual fatigue increase the eye movements and decrease vision further; a potential “vicious circle”

Compensatory skills need to be taught early to prepare for increasing academic demands

Social development may be affected by reduced eye contact.

Ways to Help

Differentiate all visual tasks by length to allow for extra time needed to “see”.

Consider potential effects of visual fatigue throughout each day.

Be aware of social effects of eye contact difficulties

Minimise changes of focus eg between board and pupil’s work; provide access to IWB

Provide own copy of all resources in preferred font (minimum N14 -16) and layout on uncluttered, matt background with high contrast and no larger than A4

Encourage use of technology eg Kindle, iPad.

Early touch-typing program, listening skills and use of hotkeys instead of a mouse to prepare for future increase of workload

Seek specialist advice for PE inclusion

Useful Links

[Nystagmus Network – Supporting people with nystagmus in the UK](#)

[Large and giant print - RNIB - See differently](#)

[Talking Books - RNIB - See differently](#)

[The National Accessible Library | The online library for blind and print-disabled people](#)

[UK education collection | RNIB Bookshare, accessible books for print disabled learners.](#)

W: berkshiresensoryconsortium.co.uk/