Eye Conditions

Nystagmus

What is Nystagmus?

- It is a condition where the eyes wobble some or all of the time
- These movements can be large or small, fast or slow and in any direction
- Nystagmus is usually both eyes
- It can change when looking in different directions and at different distances
- People who have nystagmus may also have other eye conditions (e.g. albinism)

What are the effects of nystagmus?

The following points describe key aspects of the condition but each child is different and there will always be exceptions. Nystagmus may cause:

- reduced distance and near vision
- an unusual head or eye position which reduces the nystagmus and improves vision
- variable vision which becomes worse when a child is tired, ill or under pressure
- difficulty seeing things in 3D which affects judging depths, distances and changes in surfaces
What can be done to help?

- Wearing any glasses prescribed – and keeping them clean!
- Using – and accepting as normal – whatever head position gives best vision
- Using adapted and/or modified work materials e.g. large print, individual copies of board work, adapted ICT display, good colour contrasts
- Providing extra time to take in visual information and to complete tasks successfully
- Reducing stress e.g. by making sure visual materials are easily accessible

Useful contacts:

**Cambridgeshire Sensory Support Team 0-25**

Email:  visual.impairment@cambridgeshire.gov.uk
Tel: 01480 373434
www.cambridgeshire.gov.uk/visionsupport

**Nystagmus Network**

Helpline: 0845 634 2630, email: info@nystagmusnet.org
http://www.nystagmusnet.org

**Royal National Institute for the Blind (RNIB)**

Tel No: 0845 7669999
www.rnib.org.uk