

**RO&M**ing with **Lil** Episode 12

**Co-rating COVID  
isolation – Ross and Josh**



[lil@deverell.net](mailto:lil@deverell.net)

# Introduction to Episode 12

**In Episode 10,** Diana wondered if the VROOM and OMO tools would capture changes in clients' functional vision and mobility that have resulted from COVID restrictions.

Today we talk to Ross de Vent

- Aged 39
- Experienced a stroke at age 5
- Stable neurological vision loss – light perception only
- Hemiparesis in right arm and leg
- Walks with a guide dog and/or long cane
- Support worker: Josh Glover

# Changes in 4 years

In 2016: Ross was travelling independently around inner city Melbourne with guide dog Varek.

VROOM 14/50 (Fragments) for functional vision

OMO 33/50 (Capable) for O&M

In August 2020: Ross is living with Varek and others on the fringe of metropolitan Melbourne, in stage 4 COVID lockdown

VROOM 6/50 (Fifty shades of grey)

OMO 28/50 (Cautious)

# What do the numbers mean?

## OMO

50	Carefree?
41-49	Confident?
31-40	Capable
21-30	Cautious?
11-20	Coactive?
1-10	Cared for?
0	Comatose?

## VROOM

50	Full vision
41- 49	Fine details
31- 40	Features
21-30	Formwork
11-20	Fragments
1-10	Fifty shades of grey
0	Functional blindness

# Why the drop in OMO?

A five point drop in OMO score is not surprising

- Limited lifespace in COVID lockdown
- Isolating with household for 4 months
  - Local cul-de-sac is hard work
  - No footpaths, so dog walks on the road
  - No shops nearby
- Cautious – cannot see if other people are approaching
  - How close?
  - Are they wearing a mask?
  - Difficult to back away

**Stay Safe, STAY HOME!**

# Comparing Ross' functional vision in 2016 (and 2020)

VROOM – Vision related outcomes in O&M in 2016 (in 2020)				
PART A – Route Travel	Stable	Dynamic	Part B – Wellbeing	
Getting your bearings	1 (2)	1	Reading	0
Checking groundplane	0	0	Visual certainty	3 (0)
Wayfinding	0	1	Mobility aids	1
Recognising moving parts	1 (0)	2 (0)	People	1 (0)
Finding things	0	1	Visual pleasure	2 (0)
Scoring 0 vision is useless 1 vision is secondary 2 vision needs backup 3 vision is primary	2/15 (2)	5/15 (3)	TOTAL	7/20 (1/20)
	7/30 (5/30)		14/50 (6/30)	

# Why the drop in VROOM?

- Ross said his clinical vision has remained stable for years

Now...

- Less travel to dynamic places = less requirement to look
  - Not needing to recognise moving parts
- Shared home can be cluttered
  - vision still insufficient to see groundplane
  - big loss in visual certainty
- Not seeing people
- No visual pleasure or utility

# Support worker - Josh

- Ross' priority on independent mobility has shifted
- Activity is not enough
  - need social contact
  - professional engagements: Description Victoria, performances
  - stimulation for the mind
  - need to manage fatigue
  - living out of town = big trip to the city... save energy for the important things
- Support worker helps with
  - encouragement
  - navigating big decisions
  - choosing new priorities
  - getting the tech sorted out for study

Thanks Ross and Josh!



<https://www.youtube.com/watch?v=z-1fTISDF0>

# Contacts / Resources

- Description Victoria – providing professional description services for art and media

<https://descriptionvictoria.com.au/>

- VROOM and OMO tools

[www.lildeverell.net/resources/vroom-and-omo-tools/](http://www.lildeverell.net/resources/vroom-and-omo-tools/)

- Links and PowerPoint slides for *RO&Ming with Lil*

[www.lildeverell.net/resources/roaming-with-lil/](http://www.lildeverell.net/resources/roaming-with-lil/)

- To discuss VROOM and OMO, offer feedback, suggest a topic, or record an episode together:

Email: [lil@deverell.net](mailto:lil@deverell.net)

Mobile: +61 418 370 312

# Credits

- Music
  - *Happy Stroll*, a royalty-free download from Purple Planet Music
- Graphics created by Lil Deverell with
  - PhotoShop lessons and technotherapy from Erin Deverell
  - Photos from
    - An amateur drone photographer from Cornwall, flying over a spaghetti junction in Birmingham (royalty-free)
    - Christine Darwood, a wildlife spotter in the ACT who snapped our sprightly echidna crossing the road (used with permission)
    - Rob Keating, a Canberra-based photographer, who found a weathered wombat crossing the road (purchased from <https://keatingmedia.com.au>)

