

RO&Ming with Lil

Episode 10

**Aha! moments with
VROOM and OMO -
Diana**



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Introduction to Episode 10

- Diana Grobler works for Guide Dogs NSW/ACT in Northern NSW
- Many older clients – macular degeneration
- 12-13 VROOM-OMO assessments in 6 months
- Face to face + Tele-practice via interview only

Aha! 1: VROOM or OMO first?

- Can go any way with paper copies
 - Can flick between Parts A & B, VROOM and OMO, simple and complex environments
 - Rate while observing and/or at the end
- Benefits of OMO first:
 - Consider overall travel competence
 - Set the scene for thinking about vision later
 - Co-raters get used to the generic scale
 - 3=elite, 2=competent, 1=basic, 0=beginner
 - At GDNSW/ACT – comes first in Carelink database
- Benefits of VROOM first
 - Clients refer for services because of vision problems
 - Clients want to talk about their vision
 - Consider the usefulness of vision in mobility, and sensory preferencing

Aha! 2: Familiar v unfamiliar places

- Assessing in familiar environments, simple and challenging, is different to assessing in unfamiliar environments
- Familiarity enables best use of functional vision
- Comfortable/normal for clients

- Assessing in unfamiliar areas disconnects functional vision from environmental memory – this creates a different assessment challenge
- Does the client travel mostly in familiar areas, or go into many unfamiliar places?

- Assess what matters to the client

Aha! 3: Observation or interview only?

- Older man playing blind bowls; long cane traveller
- Is a support cane adequate on the bowling green?
- VROOM gave surprisingly useful information
- Vision no longer reliable – secondary to other sensory information
- Wobbly with reduced vision.
- Needs other options than a single point support cane for balance.

Aha! 4: Supporting mobility aid decisions

- VROOM Part A can highlight a client's visual priority (rate 2), or the need to switch over to non-visual strategies (rate 1)
- VROOM Part B (Mobility Aids) can highlight how the client feels about mobility aid choices
 - this can differ from textbook recommendations – listen well!

Aha! 5: Spatial cognition matters

- It can affect gait and coordination – sense of body in space
- It facilitates Ambient Vision for people who have only visual fragments or light perception only
- OMO Part B – Orientation scale
 - People with poor spatial cognition and ultra-low vision need to become social navigators – get help with orientation (rate 0, 1 or 2)
 - People with good spatial cognition can use multiple strategies when lost, with and without help (rate 3 or 4)

Aha! 6: Fluctuating / episodic vision

VROOM and OMO can be used to compare:

- differences in one client
 - good vision v functional blindness
 - with aid v without aid
- cohort studies
 - Vision conditions
 - pre-post medical interventions
 - for example: injections for macular degeneration
 - investigate with an ophthalmologist for robust translational research
 - assess at selected points in the monthly cycle, pre-post injections
 - devise semi-structured interview questions to investigate broader impact of injections on quality of life

Aha! 7: What do the numbers mean? (Ep 6)

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

Aha! 8: Capturing pre-post COVID changes

- Part B wellbeing ratings are based on the past month
- Changes in COVID restrictions are likely to show in Part B lifestyle decisions
- Trying to capture these changes in one co-rating will produce muddy data
- To get clean data, take two ratings (COVID and Non-COVID) and compare them
- These data will show the impact of COVID restrictions on O&M clients

Advice for VROOM-OMO newbies

1. Rate yourself
2. Co-rate family and friends
3. Co-rate a colleague
4. Work with a colleague to co-rate a known client
5. Co-rate a known, kind, patient client
6. Co-rate a new client

7. Listen to the podcasts!

Thanks Diana Grobler!

from Guide Dogs NSW/ACT,
for sharing your learnings with candour and great questions.

Contacts / Resources

- **VROOM** (vision) and **OMO** (O&M) functional assessment tools

www.lildeverell.net/resources/vroom-and-omo-tools/

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

www.lildeverell.net/resources/roaming-with-lil/

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

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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>)

