

RO&Ming with **Lil** Episode 12

Co-rating COVID isolation – Ross and Josh



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/

- 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:

Email: 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>)

