Introduction to Episode 4

In this Episode we meet Erica Tandori, a visual artist with two kids, a cat, a hole in the back yard, a doctorate, a university job, and Stargardt's Disease.

- juvenile form of macular degeneration

- central vision loss

- peripheral vision is still useful - colourful, soft and blurry, like "living in a Monet painting"

- occasional visual hallucinations

VROOM and OMO assessment tools

- Download the VROOM and OMO tools with brief instructions from

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

  VROOM – vision related outcomes in O&M – yellow for light/vision

  OMO – orientation and mobility outcomes – green for grass/walking

O&M Environmental Complexity Scale

We compared

- Level 3 - pedestrian-paced, with no aid
  - home, 2 kids, 1 cat, landscaping project with mud, bricks and a swimming pool shell

- Level 6 - uncontrolled road crossings, with no aid
  - bus and train travel to work
  - navigating the bus bays at uni
  - uncontrolled crossing at Eastfield Road

We also discussed mobility aids – Erica prefers no aid, or guided travel

OMO Orientation & Mobility Outcomes **Part A: Observed Travel** Client: Erica Tandori Assessor: Lil Date: 12/6/2020 Starting time: Daylight: bright/sunny grey/dusk dark/night Mode: Observation or (Interview only)		Stable, familiar conditions; no hurry e.g., home, local block Venue/s: Home Highest ECS: 1 2 ③ 4 5 6 Aids: (NA) SG D LC SC ID PC MWC Sc MG GPS Ph Other:	Dynamic conditions; timeliness needed e.g., road crossings, shops, crowds Eastfield Rd Venue/s: Bus Brys @ monash uni Highest ECS: 1 2 3 4 5 ⑥ Aids: (NA) SG D LC SC ID PC MWC Sc MG GPS Ph Other:
SCORING **3 = Elite skills** Graceful, fluent, safe & effective in most places **2 = Competent skills** Safe & effective, but not always graceful & fluent **1 = Basic skills** Limited effective skills; needing consolidation **0 = Beginner skills** Unsafe/inadequate for the context	**Getting your bearings** Where am I? Which way do I go?	*doesn't get lost 3/3	uses NSEW ✳ 2/3
	Checking groundplane What's underfoot? Is it safe to step out?	2/3	Hesitates. Has to hold on to go on adventure walks 1/3
	Wayfinding Is this the path? Is anything in the way?	Uses contrast for doorframe 3/3	approaching glass doors: - invisible 2 tiny red arrows. 2/3
	Recognising moving parts Is there traffic? Who is around? Do I seek or avoid them?	Knows kids are there. Can't tell who 2/3	"Like playing chicken on the road" 1/3
	Finding things What am I looking for? How do I find it?	Memory. Eats with fingers 2/3	ok if familiar Hit+miss 1/3

ECS=O&M Environmental Complexity Scale: 1=uninhabited level; 2=uninhabited steps obstacles;3=pedestrian-paced clear; 4=pedestrian-paced crowded; 5=traffic controlled; 6=traffic uncontrolled. Aids: NA=No aid; SG=sighted guide; dog=dog guide; LC=long cane; SC=support cane; ID=identification cane; PC=power chair; MWC=manual wheelchair; Sc=motorised mobility scooter; MG=miniguide; GPS=global positioning system (e.g. Trekker Breeze); Ph=phone

OMO Part B Wellbeing	Score according to discussion about skills, attitudes and activities **within the past month**	Comments & Score
Activities (engagement)	0 I find activities overwhelming or boring 1 My mix of activities is not quite right, but I don't know how to fix it, or I'm not yet ready for change 2 I like some of my activities, but I'm ready for new directions 3 I'm satisfied with my current mix of activities 4 I find my mix of activities interesting and enriching	Confident + assertive about mobility choices, even if not about the next step. **4** /4
Connections	0 I am isolated and lonely much of the time; it is hard to connect with others 1 People do things for me, but I have little to offer 2 I know where to go to find people; I link in with people or groups sometimes 3 I meet with people regularly; I feel welcome and included 4 I have mutual friendships; we're there for each other; I contribute	**4** /4
Life-space	0 I'm house-bound; I rarely go beyond the front gate 1 I do routine travel, only in well-known local areas (e.g., home block, local shops) 2 I explore in my local community; I like to try different routes 3 I travel to known places beyond the local community (e.g. work, school, visiting friends) 4 I like to explore beyond the local community, discovering new places	**4** /4
Orientation	0 Even at home, I get disorientated; I have trouble understanding shapes, angles and distances 1 I can find the way at home by myself; beyond home, I need a companion or I get lost 2 I travel alone beyond home; if I get anxious or lost, I rely on help from other people 3 I travel alone beyond home; if I get anxious or lost, I can usually work it out by myself 4 I can go anywhere independently; I use mental mapping and I don't really get lost	**4** /4
Self-determination	0 My travel is managed by other people; I don't make the decisions 1 I need travel restrictions – I'm not always aware of what's safe and what is not 2 I'm aware of my own limitations, but I limit my travel rather than learning new skills 3 I'm aware of my own limitations; I plan ahead; I get information and help with my travel skills 4 I'm in charge; I evaluate my travel and learn from experience as I go; I develop my own skills	**4** /4

Comments
Eric uses SG for bushland adventures to grandplane uncertainty

Part A: **19** /30   Part B: **20** /20   **Total Score:** **39** /50

VROOM: Vision-Related Outcomes in O&M **Part A: Observed Travel** Client: Eric Tandori Assessor: LT Date: 12/6/2020 Starting time: Daylight: (bright/sunny) grey/dusk dark/night Mode: Observed (Interview only)	**Stable, familiar conditions; no hurry** e.g., home, local block Venue/s: _____Home_____ Highest ECS: 1 2 ③ 4 5 6 Aids: ⓃA SG D LC SC ID PC MWC Sc MG GPS Ph Other:	**Dynamic conditions; timeliness needed** e.g., road crossings, shops, crowds Venue/s: ___Going to Monash___ Highest ECS: 1 2 3 4 5 ⑥ Aids: ⓃA SG D LC SC ID PC MWC Sc MG GPS Ph Other:
SCORING **3 = Vision is primary** Looks without hesitation; no touch or aid is needed to confirm vision **2 = Vision needs back-up** Rely on vision; some hesitation; use non-visual strategies to confirm **1 = Vision is secondary** Rely on non-visual strategies; vision is sometimes useful **0 = Vision is useless** Use non-visual strategies	**Getting your bearings** Where am I? Which way do I go?	✳3 /3	✳2 /3
	Checking groundplane What's underfoot? Is it safe to step out?	2 /3	guesses where the footpath is /3
	Wayfinding Is this the path? Is anything in the way?	2 /3	2 /3
	Recognising moving parts Is there traffic? Who is around? Do I seek or avoid them?	2 /3	guess + go! 1 /3
	Finding things What am I looking for? How do I find it?	uses memory, habit @ home 1 /3	Colour notes 1 /3

ECS=O&M Environmental Complexity Scale: 1=uninhabited level; 2=uninhabited steps obstacles;3=pedestrian-paced clear; 4=pedestrian-paced crowded; 5=traffic controlled; 6=traffic uncontrolled. **Aids:** NA=No aid; SG=sighted guide; dog=dog guide; LC=long cane; SC=support cane; ID=identification cane; PC=power chair; MWC=manual wheelchair; Sc=motorised mobility scooter; MG=miniguide; GPS=global positioning system (e.g. Trekker Breeze); Ph=phone

VROOM Part B Wellbeing	Score together from observations and discussion about activities **within the past month**	Comments & Score
Reading (acuity)	0 I have no useful vision for recognising objects or reading text (1) If I'm close enough, I can identify large signs (eg, STOP) by text, size, shape, or colour 2 I can sometimes see a favourite toy, or read signs, or vehicle number plates 3 I can distinguish between products, looking at text or packaging (eg, shampoo/conditioner) 4 I can identify tiny things (eg, Lego blocks) or read regular print (eg, letters, N12)	Wow! visual artist! 1 /4
Visual certainty (reliability)	0 My vision is never useful when I'm moving around; too little, too late 1 I can't rely on my vision when I'm doing things 2 My vision causes hesitation; it undermines my confidence when I'm moving (3) My vision has its limitations, but I know how to work with it 4 My vision is reliable for travel; I don't have to think about it much	Ambient vision * (3) /4
Mobility aids (beyond home)	0 I use non-visual skills (guide/cane/dog) beyond home – my vision is useless 1 I rely on my guide/cane/dog beyond home – vision provides some extra information (2) I use a guide, cane or dog with my low vision – the need can vary in different conditions 3 I can go without, but a mobility aid gives confidence, relieves fatigue, expands my options 4 My vision is good enough for travel – I don't need a mobility aid	No aid to go to/from work – Level6 ECS even in the dark 2 /4
People	0 I can't see people's shapes or movement; or see if a conversation partner moves away 1 I can see a body moving past, but I can't tell who it is; I sometimes collide (2) I can recognise people by their shape, colours, size or gait; I usually avoid collisions 3 I can see faces, but not details; I do miss some social cues 4 I can recognise faces, read facial expressions and social cues	2 /4
Pleasure	0 My vision is un-motivating; it rarely or never prompts a closer look 1 My vision is frustrating, often more trouble than it is worth 2 My vision is useful for some things, but not for others 3 I can see interesting things; it is usually worth the time it takes to look (4) I can see engaging things that give me joy	4 /4

Comments
Erica is usually confident — Ambient vision from excellent spatial skills / mental mapping + visual fragments.

Part A: 17 /30 Part B: 12 /20 **Total Score:** 29 /50

Interesting outcomes

- When dithering between two numbers on a scale, we used the rule
  if in doubt, rate lower

- Erica cannot read signage or number plates (rated 1 out of 4 for reading), yet
  - is a visual artist
  - chooses to travel without a mobility aid on familiar routes
  - likes to walk with a guide in less familiar places
  - would rather ask for help than use a cane

- Erica has strong spatial cognition, evident in the scales marked with an asterisk *
  - uses north/south/east/west
  - mentioned mental mapping several times
  - relies on memory rather than using tactile markers for household appliances/tasks

- Erica has ambient vision
  - combines visual fragments with strong mental mapping skills into a stable mental map to get a more complete picture of the world – people with poor spatial cognition cannot do this

Thanks Erica!

Erica scored:

- OMO 39/50 for functional O&M skills
- VROOM 29/50 for functional vision during travel

Erica Tandori has created a fabulous collection of art works - stills and animations - showing the impact of her central vision loss on everyday activities. Check out

http://www.ericatandori.com/

Contacts / Resources

- 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)