

# RO&Ming with Lil Episode 6

What do the VROOM  
and OMO numbers  
mean?



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# Introduction to Episode 6

**In this Episode** we talk again with Jo Anson-Smith an orientation and mobility specialist from Newcastle

- Jo reports the VROOM and OMO scores for the client she assessed a few weeks ago.
- We revisit Erica Tandori's VROOM and OMO results from last episode.
- I explain how we can interpret these results in 10 point categories, with F words for VROOM categories and C words for OMO categories.
- Jo explains some of her decision-making challenges in using these assessment tools
- We explore the implications of mid-range low vision – the Formwork category – where Ken and Erica see linear structures and outlines, but no internal detail. To cane or not to cane? ... that is the question!

# VROOM and OMO assessment tools

- Download the VROOM and OMO tools with brief instructions from

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

# Jo's client (let's call him Ken)

- Middle aged gent with RP, legally blind. Reduced acuity and <10 degree fields. Glare is a big issue.
- Cataract surgery in 2019. Self-referred to resume long cane use and build confidence. Likes human guide.
- Stable, familiar environment ECS level (apartment and surrounds) using a long cane as an ID cane
- OMO: 39/50 VROOM: 24/50
  - Part A score from stable environment was doubled in lieu of dynamic observation
- A few weeks later, OMO: 37/50 VROOM 22/50.
  - Rescored VROOM Part A via interview, comparing level 3 and level 6 environments
- “I was surprised the stable+dynamic score was only a few points lower in comparison to doubling the stable environment score.”

# Erica

- Erica scored:
  - OMO 39/50 for functional O&M skills
  - VROOM 29/50 for functional vision during travel
- 
- Freewalking on known routes
  - Human guide for adventures

# Interpreting OMO scores

50	Carefree?	
41-49	Confident?	
31-40	Capable?	Both 39/50
21-30	Cautious?	
11-20	Coactive?	
1-10	Cared for?	
0	Comatose?	

# Interpreting VROOM scores

50	Full vision		
41- 49	Fine details		
	<ul style="list-style-type: none"><li>- facial expressions</li></ul>		
31- 40	Features		
	<ul style="list-style-type: none"><li>- can see whole objects, some distinctive internal details, recognise familiar people</li></ul>		
21-30	Formwork	Ken 22/50	Erica 29/50
	<ul style="list-style-type: none"><li>- structures, forms, silhouettes, people shapes, building edges</li><li>- patchy fields – brain fills the gaps creatively (Charles Bonnet Syndrome)</li><li>- vision becomes secondary - use non-visual skills when vision is unreliable</li></ul>		
11-20	Fragments		
	<ul style="list-style-type: none"><li>- lights, specular reflections, strong contrast, movement</li><li>- ambient vision: good spatial cognition is needed to connect fragments</li></ul>		
1-10	Fifty shades of grey		
	<ul style="list-style-type: none"><li>- light perception; can include colour</li></ul>		
0	Functional blindness		
	<ul style="list-style-type: none"><li>- no light perception, or vision not reliable/timely</li></ul>		

# Recommendations

Ken's new training goals

- expanding life-space
- introduction to miniguide
- MS Soundscape GPS app to support wayfinding and orientation

Erica - business as usual

- no aid for familiar routes
- human guide for adventures



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

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



VROOM: Vision-Related Outcomes in O&M		Stable, familiar conditions; no hurry e.g., home, local block	Dynamic conditions; timeliness needed e.g., road crossings, shops, crowds
<b>Part A: Observed Travel</b> Client: <u>Eric Tondori</u> Assessor: <u>LT</u> Date: <u>12/6/2020</u> Starting time: _____ Daylight: <u>bright/sunny</u> grey/dusk dark/night Mode: <u>Observed</u> Interview only		Venue/s: <u>Home</u> Highest ECS: 1 2 <u>3</u> 4 5 6 Aids: <u>NA</u> SG D LC SC ID PC MWC Sc MG GPS Ph Other:	Venue/s: <u>Gong to Monarch</u> Highest ECS: 1 2 3 4 5 <u>6</u> Aids: <u>NA</u> SG D LC SC ID PC MWC Sc MG GPS Ph Other:
<b>SCORING</b> <b>3 = Vision is primary</b> Looks without hesitation; no touch or aid is needed to confirm vision <b>2 = Vision needs back-up</b> Rely on vision; some hesitation; use non-visual strategies to confirm <b>1 = Vision is secondary</b> Rely on non-visual strategies; vision is sometimes useful <b>0 = Vision is useless</b> Use non-visual strategies	<b>Getting your bearings</b> Where am I? Which way do I go?	<u>* 3</u> /3	<u>* 2</u> /3
	<b>Checking groundplane</b> What's underfoot? Is it safe to step out?	<u>2</u> /3	<u>guesses where the footpath is</u> /3
	<b>Wayfinding</b> Is this the path? Is anything in the way?	<u>2</u> /3	<u>2</u> /3
	<b>Recognising moving parts</b> Is there traffic? Who is around? Do I seek or avoid them?	<u>2</u> /3	<u>guess + go!</u> /3
	<b>Finding things</b> What am I looking for? How do I find it?	<u>uses memory, habits @ home</u> /3	<u>colour notes</u> /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
<b>Reading</b> (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
<b>Visual certainty</b> (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
<b>Mobility aids</b> (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 – Level 6 ECS even in the dark 2/4
<b>People</b>	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
<b>Pleasure</b>	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
<b>Comments</b>	Erica is visually confident – Ambient vision from excellent spatial skills / mental mapping + visual fragments. Part A: 17/30 Part B: 12/20 Total Score: 29/50	



# Thanks Jo and Ken! and Erica

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

- Christian's echolocation skills are featured in the middle of this program online

<https://www.abc.net.au/catalyst/echolocation/11016442>

- 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:

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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>)

