



Using the Steady Eye Strategy to aid reading in Right-sided Hemianopia

This leaflet is for patients who are finding reading difficult following a stroke or brain injury due to right-sided visual field loss. Loss of the right half of your visual field (right Hemianopia) makes it difficult to follow along to the end of the line of text.

The steady eye strategy involves keeping your eyes still but moving the text so that each word being read becomes visible as it is moved into the area of best vision. It involves practice to perfect the technique and is useful in right Hemianopia.

- Always read in good light
- Use your reading glasses or magnifier/low vision aid if prescribed
- Keep your head and eyes still
- Hold the text so the first word is visible in the seeing area
- Slowly move the text from right to left into the field of view until you reach the end of the line
- Move the text back to the right so the start of the next line is just within the visible area and repeat
- With practice you will be able to read more quickly but it requires sufficient and consistent practice opportunities to achieve success

Read-Right is a 'web app' that improves reading speeds in patients with Hemianopia. Useful website: www.readright.ucl.ac.uk

Contact us: Orthoptic Department, Great Western Hospitals NHS Foundation Trust, Swindon. SN3 6BB

Telephone/answerphone: 01793 604702 Monday - Friday 8am – 5pm

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Planned Care
Department: Ophthalmology
Approved Date: 29 September 2020
Next Review Date: October 2023
Document Number: PC - PIL0193