

# THINGS TO REMEMBER

- We need more time than people with ordinary sight to see and process information. Effectively it takes us longer to see things, especially in a busy, cluttered or fast-moving environment.
- Nystagmus affects the speed of our reactions, our hand-eye co-ordination and sometimes our balance, so for instance many of us aren't very good at ball sports.
- Our vision varies during the day and will be worse when we're tired, anxious or unwell. You will probably notice our eyes moving more than normal at such times.
- Just because some people with nystagmus can read 12 point font for five minutes doesn't mean they can read this size print comfortably all day long.
- Often we can't see well enough to recognise people quite close up, so please don't think we're being rude or ignoring you. Even when we get close we often can't see facial expressions or gestures.
- Sometimes we involuntarily turn our head, nod or shake our head so that we can see better.
- We need to get close to see things. That means, for example, sitting at the front of the class in school and having our own copies of books and notes. Sharing is a no-no.
  - Bright sunshine, glare and reflections make things harder too. Many people with nystagmus are photo-phobic, not (as far as we know) because of nystagmus, but because of conditions associated with it, e.g. albinism, cone/rod dystrophies and myopia.
- Finally, apart from our vision, nystagmus often affects our self-confidence and self esteem too. It's no joke having nystagmus. If we could stop our eyes moving we would.



**Wobbly  
Wednesday**



**Nystagmus Awareness Day**

5<sup>th</sup> November 2014

**nystagmus**



**network**