



Tips for Home or School

Light Sensitivity

By: California Deaf-blind Services



Students with vision problems frequently have increased sensitivity to light. This sensitivity may be due to recent surgery, medications, past surgery, or other conditions of the eye. Some of these students may try to avoid outdoor activities, bright lights in the home or classroom, or certain types of lights (e.g., florescent, incandescent, Halogen). These students may prefer shaded areas outdoors or may keep their head down. Teachers or parents may think the student is "being difficult" or stubborn- when they actually are experiencing discomfort from the light.

Points to Remember

1. If you observe a change in the student's behavior (e.g., keeping his head down, covering his eyes, crying, tantruming, poking his eyes, hitting, pressing eye area, preferring shadowed areas), it would be helpful to have a vision exam to see if there have been changes in the student's vision.
2. The student can wear tinted glasses, sunglasses, a visor, or a hat. The individual may be more comfortable if his eyes are shaded from the different types of light.
3. The student's glasses may also cause light sensitivity, therefore he may choose to remove the glasses for rest periods during the day. A loose cord can be attached to the glasses to prevent the student from losing the glasses as they are taken on and off the eyes. These cords can be bought at drug stores or where the glasses are purchased.

