



Vision



PSP commonly affects the eyes, and you may experience visual problems that cannot be corrected with glasses. If you have CBD, problems with visual disturbances are less common.

The most common symptoms are:

- Double vision
- Tunnel vision, where the field of vision is reduced
- Blurred or misty vision
- Slow, jerky eye movements that can make it hard to read from one line to the next, or look from one point to another. When this happens you may find it difficult to make eye contact with others. Explaining the situation will help them to understand that whilst you cannot look at them, you are still interested in what they are saying
- Difficulty looking down. This can cause problems at mealtimes and increase the risk of falls
- The inability to deal with bright lights
- Involuntary eyelid closure, difficulty opening the eyes.

If visual issues are making daily life difficult, ask your GP to refer you to the relevant eye specialist, for professional assessment and, where possible, treatment.

If you are experiencing visual problems then this can present a safety issue, especially when walking around. Your OT or local falls team may be able to advise you on the best way to create a safe environment.



Furthermore, if you are registered as having sight problems you may be eligible to receive talking books and newspapers via your local council, the RNIB, or other organisations.

Top Tips

- If double vision is a problem, putting a patch over one eye or taping over one lens can help
- If you are unable to look down then you may find prism glasses helpful. You can obtain these from the PSP Association. If you wear prescription glasses your optician may be able to supply prism film. Please note, it is dangerous to try to walk in prism glasses.
- If bright light is a problem, wraparound sunglasses or tinted lenses can help
- Botox injections, (botulinum toxin) are sometimes used to alleviate problems with opening and closing the eyelids. Ask your specialist for advice
- If you are not always able to close your eyelids, your eyes may become dry and sore. Your GP may be able to advise you on eye sprays or eye drops to help alleviate this.

Useful Contacts

The services provided below are either free or low-cost:

Your local library: offers a wide range of spoken cassettes and CDs

Calibre Cassette Library: Unabridged books on cassette

Telephone: 01296 432 339

Website: www.calibre.org.uk

Listening Books: Abridged and unabridged books on tape for people with disabilities other than sight loss

Telephone: 020 7407 9417

Website: www.listening-books.org.uk

RNIB Talking Book Service: Unabridged books in a special CD format with the capacity to hold a whole novel

Telephone: 0845 762 6843

Website: www.rnib.uk/talkingbooks

Talking Newspaper Association: National newspapers on cassette tape and in electronic form

Telephone: 01435 866 102

Website: www.tnauk.org.uk