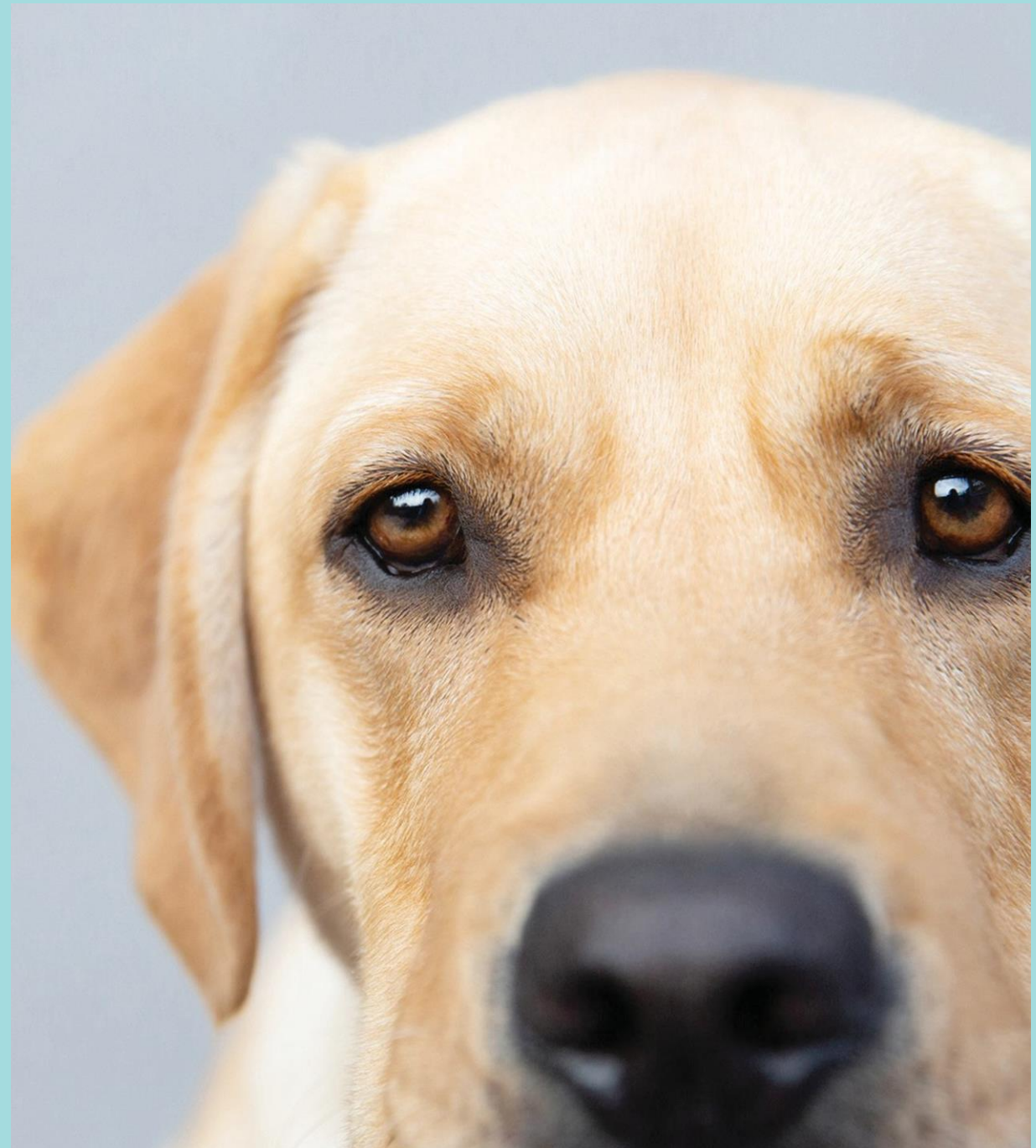


The psychological journey of adjustment following the diagnosis of vision impairment

Sau Kuan (Janet) Cheong PhD, MPsych (Clin), MAPS

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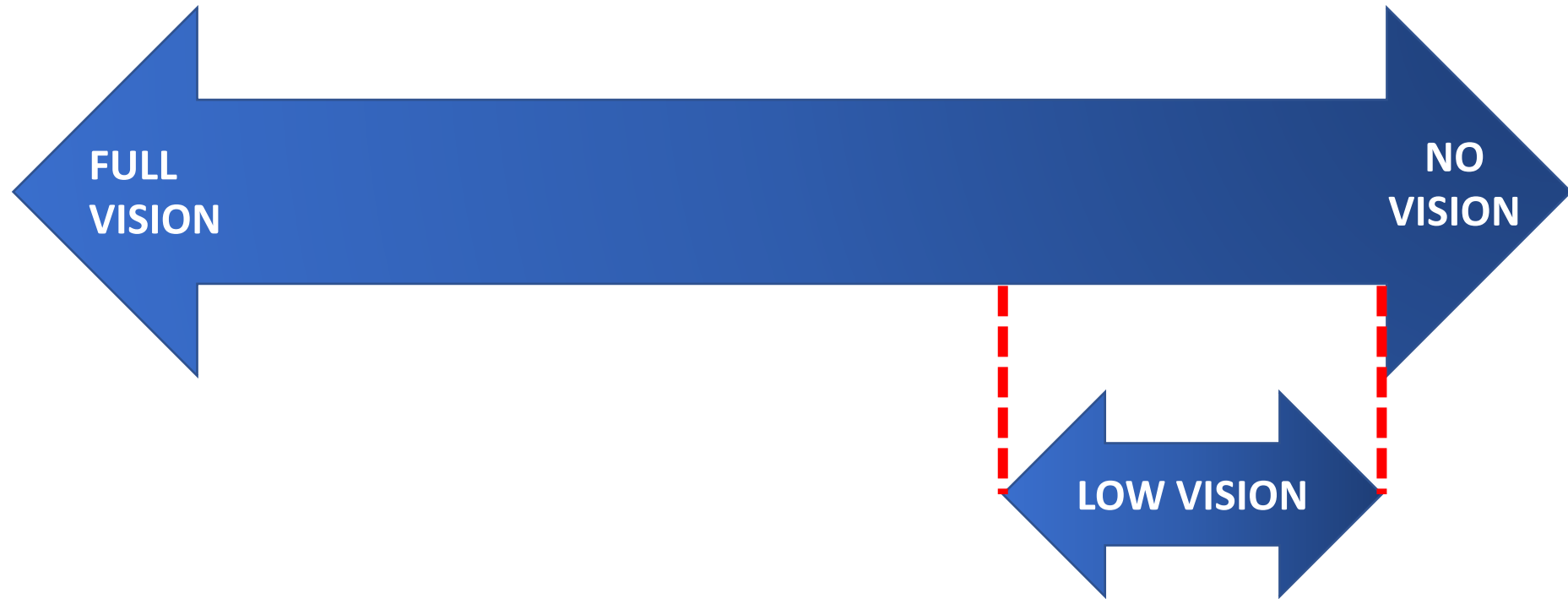
Vision Impairment

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Vision Impairment defined

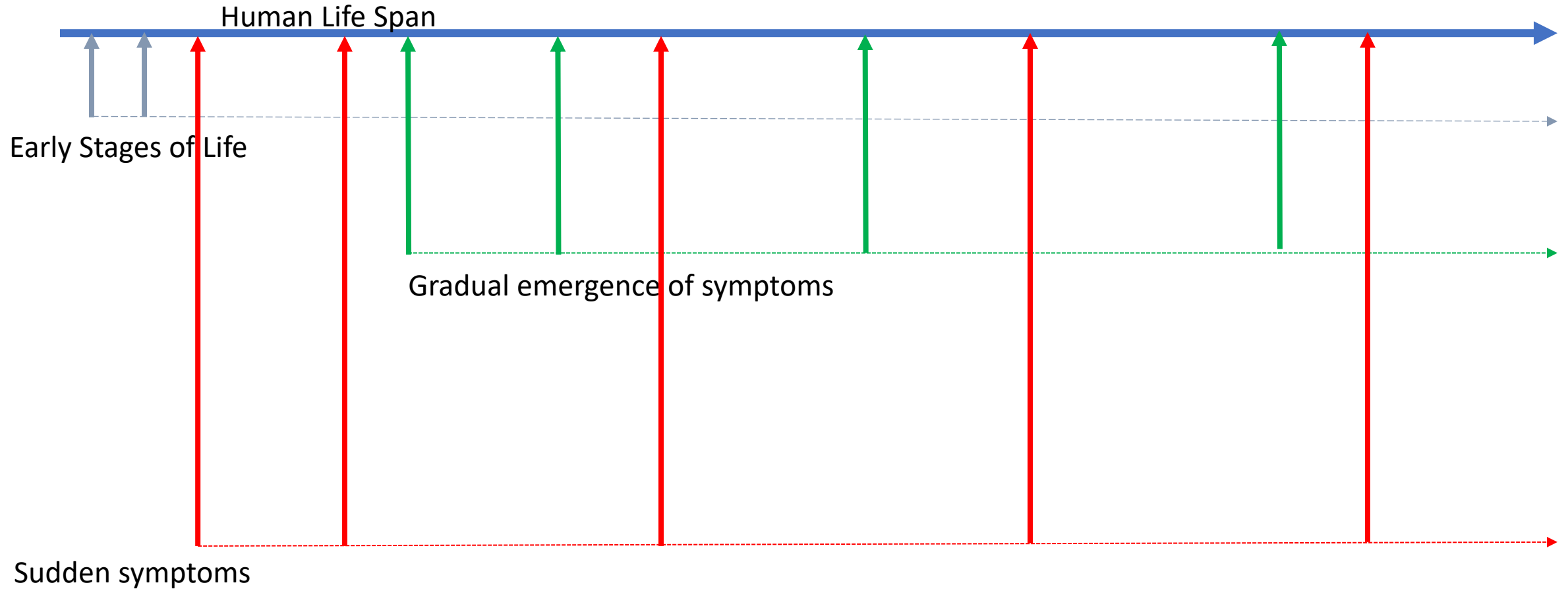


Find out more from Guide Dogs Queensland:
<https://qld.guidedogs.com.au/get-resources/>

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Where does the journey begin?



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What does vision loss really mean?

Primary Impact

- Inability to perceive visual cues or
- Inaccurate or the lack of perceived visual cues

Secondary Impact

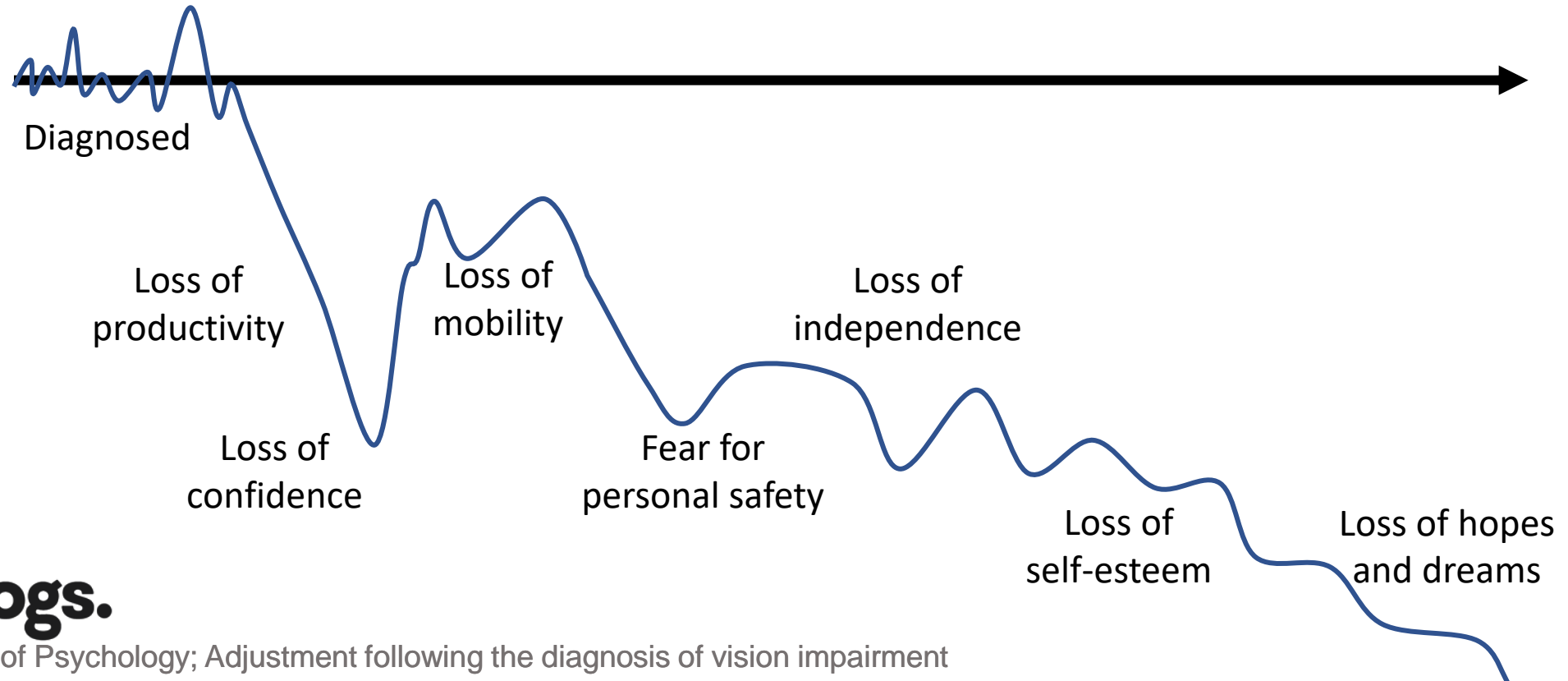
- Physical, social, and emotional impact



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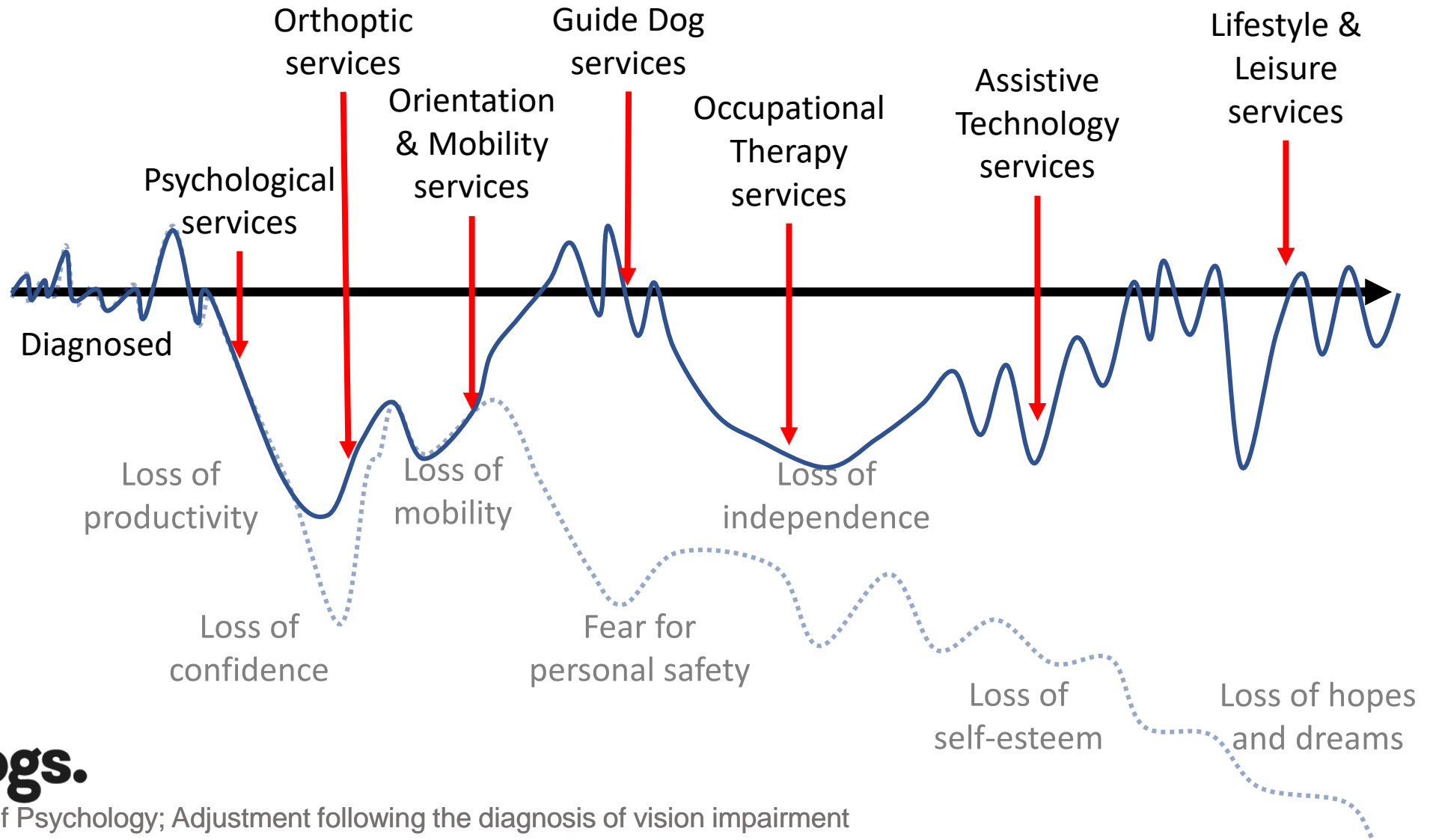
Grief and loss



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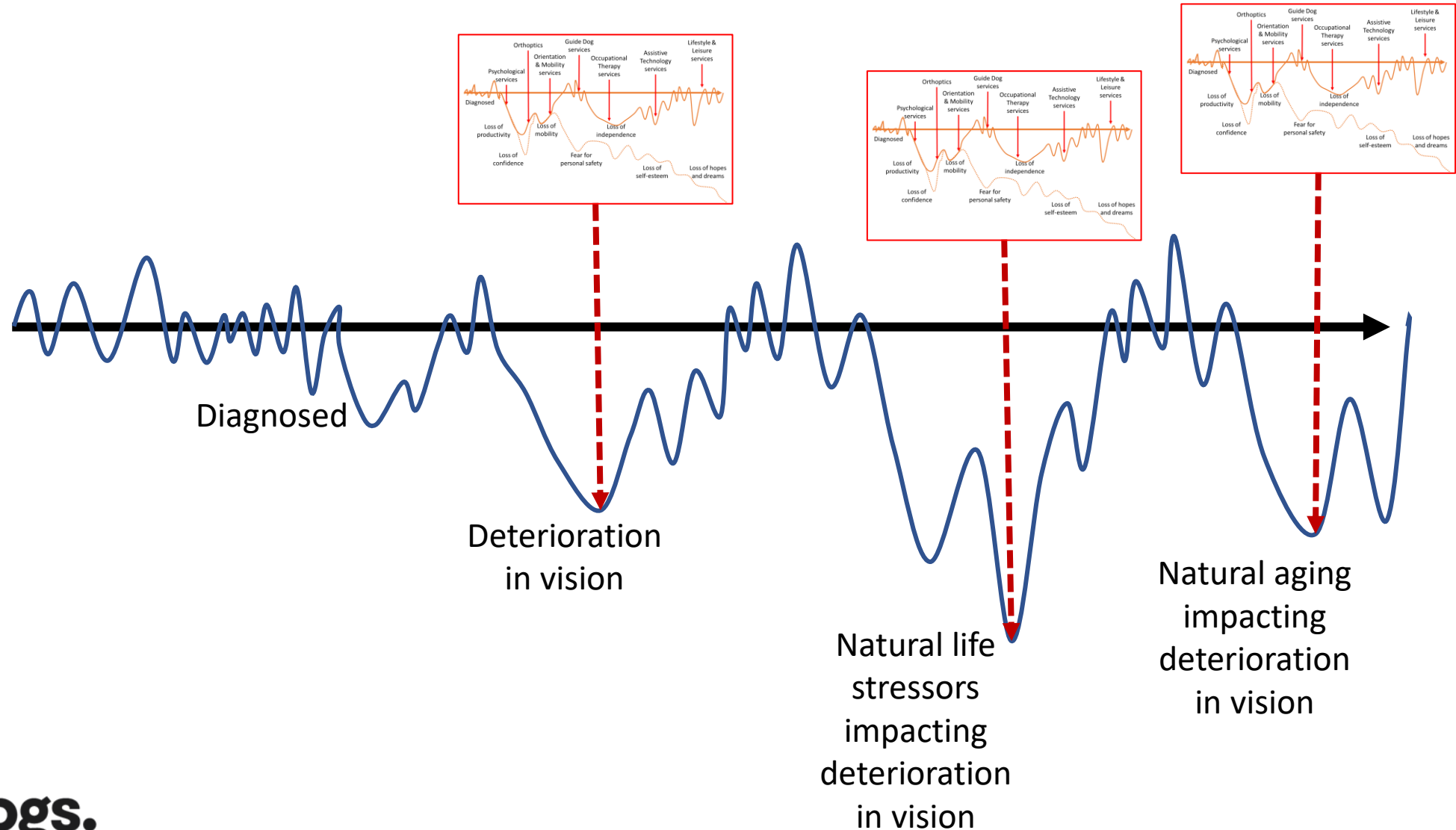
Grief and loss with intervention



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The lifespan journey



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The Journey of Vision Loss –

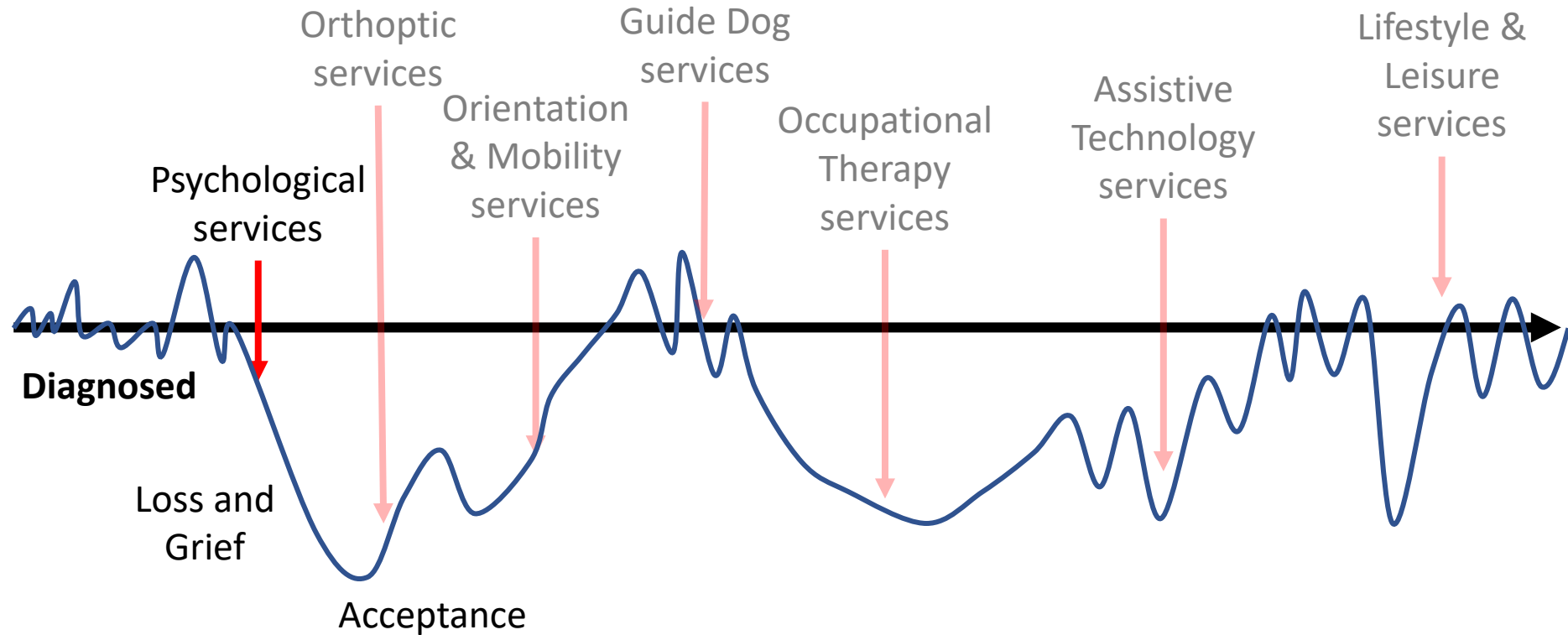
The role of the Psychologist

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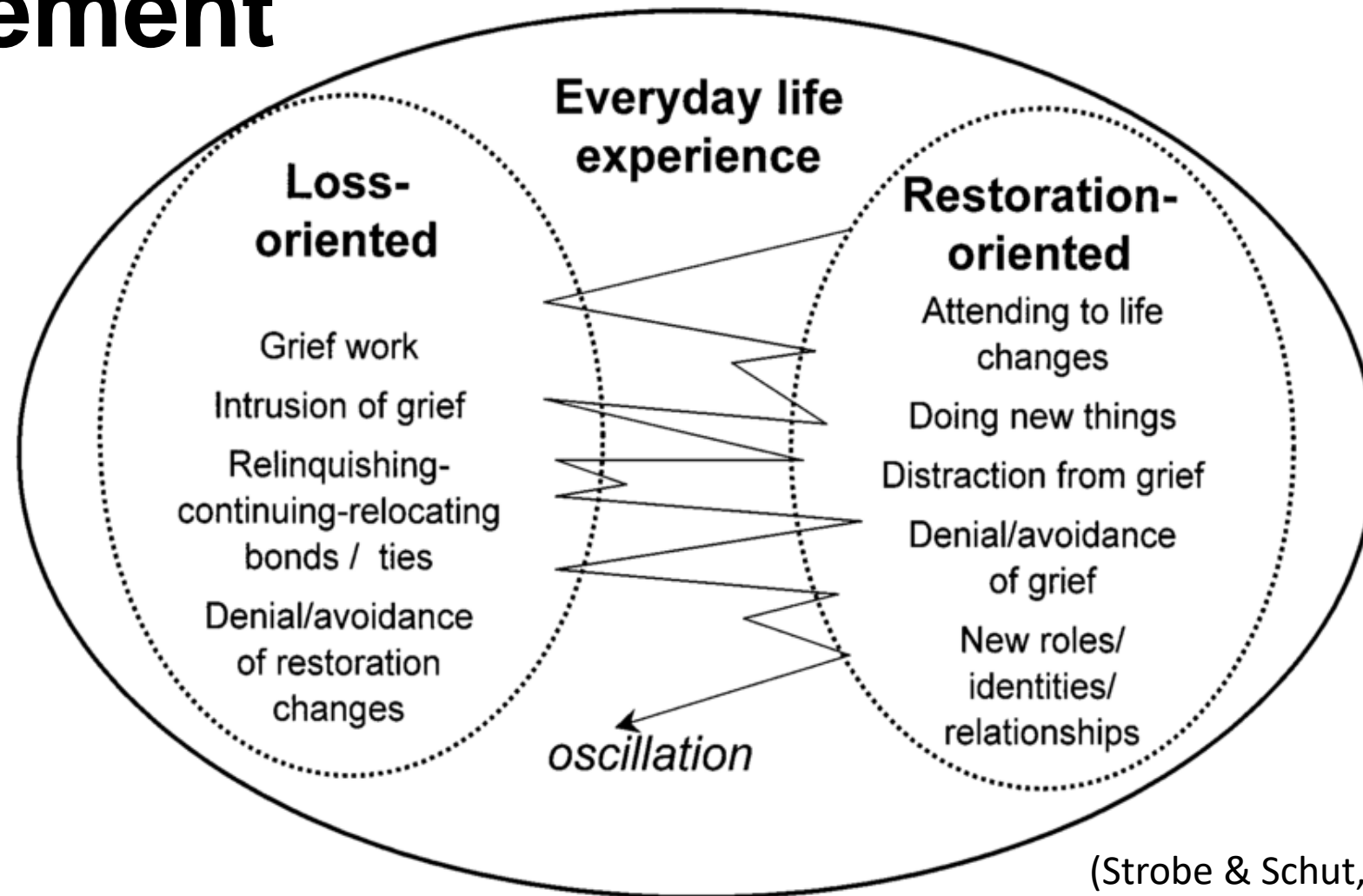
Psychological intervention – Immediate



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Dual Process Model of Coping with Bereavement

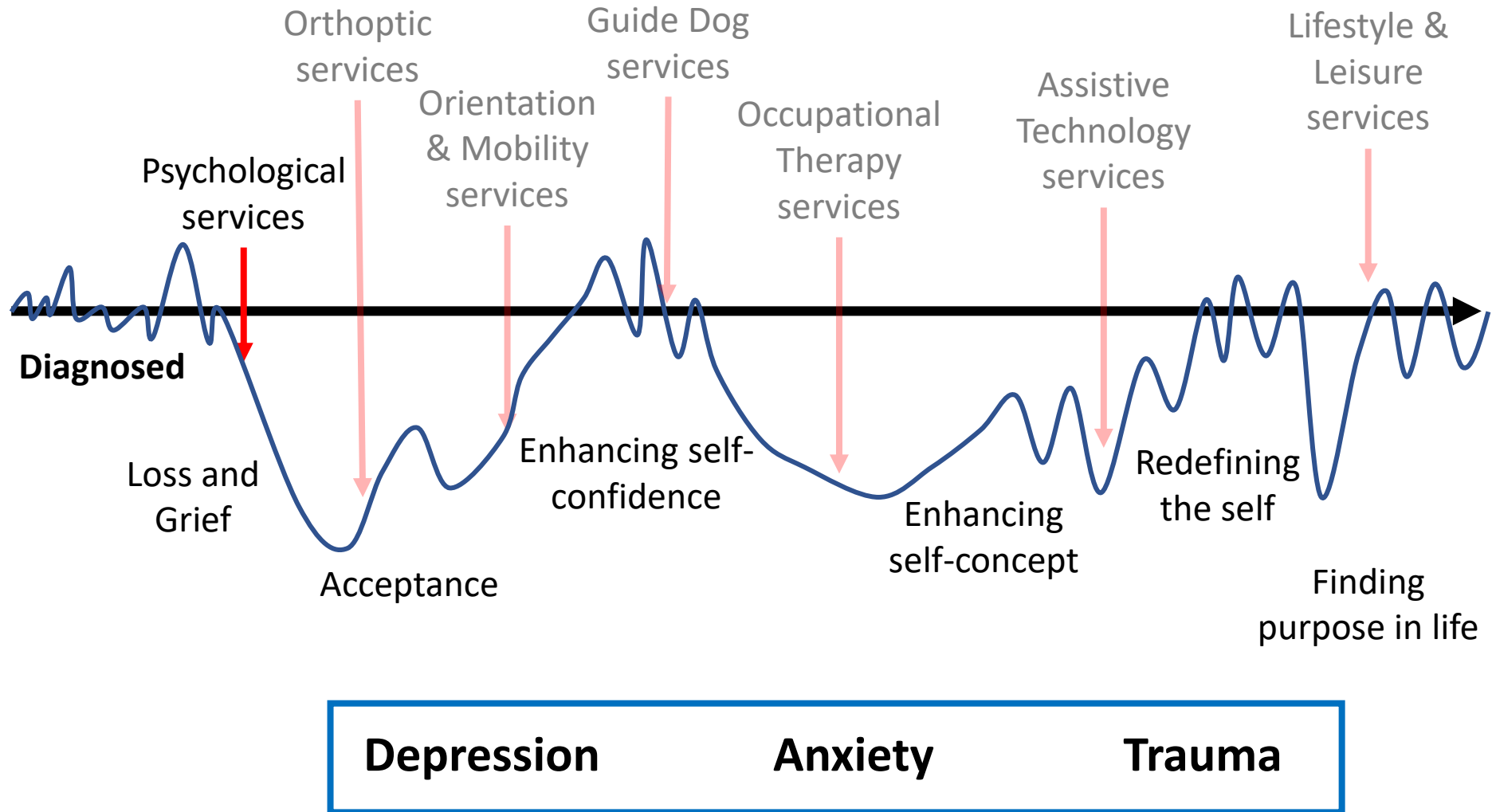


(Strobe & Schut, 1999)

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Psychological intervention – Long term



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Key Points and References



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Key Points

- Acknowledge the diversity of vision loss
- Look out for symptoms of secondary loss
- The psychological intervention begins with addressing symptoms of grief and loss.
- However, the long-term intervention to reshaping the sense of self is crucial to achieve a fulfilling life.

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Questions?

Dr Sau Kuan (Janet) Cheong
Clinical Psychologist, Client Service Manager
Guide Dogs Queensland
Email: J.Cheong@guidedogsqld.com.au

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