

Fixating Tips

Eccentric fixation is learning how to find a clear spot of vision around the scotoma and focus that vision to hold the “sweet spot” or best area of your peripheral vision. With some practice, you can use eccentric fixation to complete activities of daily living and work.

Here are some ideas for using eccentric fixation:

- Use eccentric fixation for distance tasks like watching television or looking at the faces of family and friends.
- Use your peripheral vision together with eccentric fixation when completing everyday tasks.
- When walking or crossing streets, use the best area of your peripheral vision. Look slightly away from your visual target to see it, rather than using your central vision.
- Vision rehabilitation professionals may call the “sweet spot” the “preferred reading locus” or PRL. The “sweet spot” may be different in each eye.
- Don’t be afraid to tilt your head or neck, if possible, to find the “sweet spot” of your line of vision. But don’t put your body in an uncomfortable position.
- Seeing around your blind spot to find your “sweet spot” is not much more difficult than moving your eyes to the side or up and down. It’s similar to pushing a curtain (the scotoma) out of the way to look out a window.

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- Make things darker or bigger so that they're easier to see. This reduces the amount of work the brain has to do to interpret the image it's receiving.
- Use magnification to make an image bigger so that more of it can be seen around the scotoma or blind spot. But too much magnification can make it challenging for the brain to piece the image together, like a puzzle, and understand it.
- Visit with your ophthalmologist (eye specialist) or low vision specialist if you notice changes in your vision.

Visit with a vision rehabilitation professional to learn more about eccentric viewing and how it can enhance your visual skills.