

**RO&M**ing with **Lil** Episode 18

**VROOM and OMO with  
an international  
jetsetter – Meredith**



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# Introduction to Episode 18

Welcome to Meredith Prain

- Speech Pathologist
- Working at Able Australia - deafblindness and research
- Has Lebers Hereditary Optic Neuropathy
- Lives in Melbourne but recently spent 2 years in Perth

Podcast

OMO Orientation & Mobility Outcomes Part A: Observed Travel		Stable, familiar conditions; no hurry e.g., home, local block	Dynamic conditions; timeliness needed e.g., road crossings, shops, crowds
Client: <u>Meredith Brann</u> Assessor: <u>Lt Deven</u> Date: <u>11 Sept 2020</u> Starting time: <u>2pm</u> Daylight: bright/sunny grey/dusk dark/night Mode: Observation or <u>Interview only</u>		Venue/s: <u>Work / home</u> Highest ECS: 1 2 <u>(3)</u> 4 5 6 Aids: <u>(NA)</u> SG D LC SC ID PC MWC Sc MG GPS Ph Other:	Venue/s: <u>Travels widely, internationally</u> Highest ECS: 1 2 3 4 5 <u>(6)</u> Aids: <u>(NA)</u> SG D LC SC ID PC MWC Sc MG GPS Ph Other: <u>occasional tag cane</u>
<b>SCORING</b>  <b>3 = Elite skills</b> Graceful, fluent, safe & effective in most places  <b>2 = Competent skills</b> Safe & effective, but not always graceful & fluent  <b>1 = Basic skills</b> Limited effective skills; needing consolidation  <b>0 = Beginner skills</b> Unsafe/inadequate for the context	<b>Getting your bearings</b> Where am I? Which way do I go?	3 /3	2 /3
	<b>Checking groundplane</b> What's underfoot? Is it safe to step out?	<del>dog</del> guides people regularly (important) 3 /3	clunky solutions people say should need a mobility aid 2 /3
	<b>Wayfinding</b> Is this the path? Is anything in the way?	2 /3	2 /3
	<b>Recognising moving parts</b> Is there traffic? Who is around? Do I seek or avoid them?	3 /3	cant tell if car is parked or moving 2 /3
	<b>Finding things</b> What am I looking for? How do I find it?	misplace stuff terribly 2 /3	finding house numbers is hard Anna - asks 2 /3
ECS=O&M Environmental Complexity Scale: 1=uninhabited level; 2=uninhabited steps obstacles; 3=pedestrian-paced clear; 4=pedestrian-paced crowded; 5=traffic controlled; 6=traffic uncontrolled. Aids: NA=No aid; SG=sighted guide; dog=dog guide; LC=long cane; SC=support cane; ID=identification cane; PC=power chair; MWC=manual wheelchair; Sc=motorised mobility scooter; MG=miniguide; GPS=global positioning system (e.g. Trekker Breeze); Ph=phone			



OMO Part B Wellbeing	Score according to discussion about skills, attitudes and activities <b>within the past month</b>	Comments & Score
<b>Activities (engagement)</b>	0 I find activities overwhelming or boring 1 My mix of activities is not quite right, but I don't know how to fix it, or I'm not yet ready for change 2 I like some of my activities, but I'm ready for new directions 3 I'm satisfied with my current mix of activities 4 I find my mix of activities interesting and enriching	<i>embraces life</i> 4/4
<b>Connections</b>	0 I am isolated and lonely much of the time; it is hard to connect with others 1 People do things for me, but I have little to offer 2 I know where to go to find people; I link in with people or groups sometimes 3 I meet with people regularly; I feel welcome and included 4 I have mutual friendships; we're there for each other; I contribute	<i>proactive</i> 4/4
<b>Life-space</b>	0 I'm house-bound; I rarely go beyond the front gate 1 I do routine travel, only in well-known local areas (e.g., home block, local shops) 2 I explore in my local community; I like to try different routes 3 I travel to known places beyond the local community (e.g. work, school, visiting friends) 4 I like to explore beyond the local community, discovering new places	4/4
<b>Orientation</b>	0 Even at home, I get disorientated; I have trouble understanding shapes, angles and distances 1 I can find the way at home by myself; beyond home, I need a companion or I get lost 2 I travel alone beyond home; if I get anxious or lost, I rely on help from other people 3 I travel alone beyond home; if I get anxious or lost, I can usually work it out by myself 4 I can go anywhere independently; I use mental mapping and I don't really get lost	<i>has other strategies but likes to ask mental mapping skills unclear b/c vision very useful</i> 2/4
<b>Self-determination</b>	0 My travel is managed by other people; I don't make the decisions 1 I need travel restrictions – I'm not always aware of what's safe and what is not 2 I'm aware of my own limitations, but I limit my travel rather than learning new skills 3 I'm aware of my own limitations; I plan ahead; I get information and help with my travel skills 4 I'm in charge; I evaluate my travel and learn from experience as I go; I develop my own skills	4/4
<b>Comments</b> <i>Tech might improve Otm – increase confidence + fluency</i>		
Part A: <u>23</u> /30 Part B: <u>18</u> /20 Total Score: <u>41</u> /50		



Podcast

VROOM: Vision-Related Outcomes in O&M Part A: Observed Travel		Stable, familiar conditions; no hurry e.g., home, local block	Dynamic conditions; timeliness needed e.g., road crossings, shops, crowds
Client: <u>Meredith Prain</u> Assessor: <u>Lil Derrell</u> Date: <u>11 Sept 2020</u> Starting time: Daylight: bright/sunny grey/dusk dark/night Mode: Observed <u>Interview only</u>		Venue/s: <u>Home/Work</u> Highest ECS: 1 2 <u>3</u> 4 5 6 Aids: <u>NA</u> SG D LC SC ID PC MWC Sc MG GPS Ph Other:	Venue/s: <u>Public Trans / o/s travel</u> Highest ECS: 1 2 3 4 5 <u>6</u> Aids: <u>NA</u> SG D LC SC ID PC MWC Sc MG GPS Ph Other: <u>occasional ID cane</u>
<b>SCORING</b> <b>3 = Vision is primary</b> Looks without hesitation; no touch or aid is needed to confirm vision <b>2 = Vision needs back-up</b> Rely on vision; some hesitation; use non-visual strategies to confirm <b>1 = Vision is secondary</b> Rely on non-visual strategies; vision is sometimes useful <b>0 = Vision is useless</b> Use non-visual strategies	<b>Getting your bearings</b> Where am I? Which way do I go? 1 know it <span style="float: right;">2 <del>1</del> /3</span>	slow but builds up roaring range will remember routes when traveling <span style="float: right;">2 /3</span>	
	<b>Checking groundplane</b> What's underfoot? Is it safe to step out? Use 5. patterned carpet will show <span style="float: right;">1 /3</span>	visually ok. <span style="float: right;">2 /3</span>	
	<b>Wayfinding</b> Is this the path? Is anything in the way? <span style="float: right;">3 /3</span>	glass doors. unpredictable road. <span style="float: right;">2 /3</span>	
	<b>Recognising moving parts</b> Is there traffic? Who is around? Do I seek or avoid them? controlled contrast makes a difference + distance <span style="float: right;">2 /3</span>	<span style="float: right;">1 /3</span>	
	<b>Finding things</b> What am I looking for? How do I find it? Uses Memory @ home <span style="float: right;">1 /3</span>	need magnification <span style="float: right;">1 /3</span>	
<b>ECS=O&amp;M Environmental Complexity Scale:</b> 1=uninhabited level; 2=uninhabited steps obstacles; 3=pedestrian-paced clear; 4=pedestrian-paced crowded; 5=traffic controlled; 6=traffic uncontrolled. <b>Aids:</b> NA=No aid; SG=sighted guide; dog=dog guide; LC=long cane; SC=support cane; ID=identification cane; PC=power chair; MWC=manual wheelchair; Sc=motorised mobility scooter; MG=miniguide; GPS=global positioning system (e.g. Trekker Breeze); Ph=phone			

VROOM Part B Wellbeing	Score together from observations and discussion about activities <b>within the past month</b>	Comments & Score
<b>Reading</b> (acuity)	0 I have no useful vision for recognising objects or reading text 1 If I'm close enough, I can identify large signs (eg, STOP) by text, size, shape, or colour 2 I can sometimes see a favourite toy, or read signs, or <u>vehicle number plates</u> 3 I can distinguish between products, looking at text or packaging (eg, shampoo/conditioner) 4 I can identify tiny things (eg, Lego blocks) or read regular print (eg, letters, N12)	<i>can read opening hours p-shop</i> <i>- need to bend down 2</i> 2/4
<b>Visual certainty</b> (reliability)	0 My vision is never useful when I'm moving around; too little, too late 1 I can't rely on my vision when I'm doing things 2 My vision causes hesitation; it undermines my confidence when I'm moving 3 My vision has its limitations, but I know how to work with it 4 My vision is reliable for travel; I don't have to think about it much	4/4
<b>Mobility aids</b> (beyond home)	0 I use non-visual skills (guide/cane/dog) beyond home – my vision is useless 1 I rely on my guide/cane/dog beyond home – vision provides some extra information 2 I use a guide, cane or dog with my low vision – the need can vary in different conditions 3 I can go without, but a mobility aid gives confidence, relieves fatigue, expands my options 4 My vision is good enough for travel – I don't need a mobility aid	<i>Google maps</i> 3 <del>4</del> /4
<b>People</b>	0 I can't see people's shapes or movement; or see if a conversation partner moves away 1 I can see a body moving past, but I can't tell who it is; I sometimes collide 2 I can recognise people by their shape, colours, size or gait; I usually avoid collisions 3 I can see faces, but not details; I do miss some social cues 4 I can recognise faces, read facial expressions and social cues	<i>didn't recognise best friend</i> 2/4
<b>Pleasure</b>	0 My vision is un-motivating; it rarely or never prompts a closer look 1 My vision is frustrating, often more trouble than it is worth 2 My vision is useful for some things, but not for others 3 I can see interesting things; it is usually worth the time it takes to look 4 I can see engaging things that give me joy	4/4
Comments <div style="text-align: right; margin-top: 20px;">             Part A: <u>17</u>/30   Part B: <u>15</u>/20   Total Score: <u>32</u>/50           </div>		



# What do the numbers mean?

## OMO

50	Carefree
41-49	Confident
31-40	Capable
21-30	Cautious
11-20	Coactive
1-10	Cared for
0	Comatose

## VROOM

50	Full vision
41- 49	Fine details
31- 40	Features
21-30	Formwork
11-20	Fragments
1-10	Fifty shades of grey
0	Functional blindness

# What would improve Merry's OMO?

- OMO 41/50 – O&M
- VROOM 32/50 – functional vision
- Doesn't need a long cane for safety – not having falls
- Already travelling confidently, internationally
- Wants to improve travel in complex, unfamiliar environments
  - Aim to improve fluency
  - Use tech for information before and during travel
  - Use live description apps, like Aira
  - Other ideas?



# Conferences earning COMS points

- OMAA Online Symposium

- 22 September 2020

- Register at:

- <https://shortcourses.ridbc.org.au/events/omaa-online-symposium-2020/>

**Orientation + Mobility**  
Association of Australasia



- SPEVI Conference – Celebrating Change!

- 18-19 January 2021

- <https://www.speviconference.org.au/>



**SPEVI**  
South Pacific Educators  
in Vision Impairment

# Contacts / Resources

- Links and PowerPoint slides for *RO&Ming with Lil*

[www.lildeverell.net/resources/roaming-with-lil/](http://www.lildeverell.net/resources/roaming-with-lil/)

- To discuss VROOM and OMO, offer feedback, suggest a topic, or record an episode together:

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# Credits

- Music
  - *Happy Stroll*, a royalty-free download from Purple Planet Music
- Graphics created by Lil Deverell with
  - PhotoShop lessons and technotherapy from Erin Deverell
  - Photos from
    - An amateur drone photographer from Cornwall, flying over a spaghetti junction in Birmingham (royalty-free)
    - Christine Darwood, a wildlife spotter in the ACT who snapped our sprightly echidna crossing the road (used with permission)
    - Rob Keating, a Canberra-based photographer, who found a weathered wombat crossing the road (purchased from <https://keatingmedia.com.au>)

