Baylee Bedard

Age: 15

How Vision Therapy Has Helped Me

I was hesitant at first. But I knew I was struggling, I just didn't want to admit it. My memory was awful, and I always had a hard time focusing. But I kind of just thought that's how I was, and how I was always going to be. I knew my vision wasn't the best and glasses and contacts would always be a part of my life, but I didn't know that getting vision therapy would help me to focus on a task and remember things much better too.

I was frustrated that I even had to do vision therapy in the first place and my friends sort of laughed about it, but I knew that if I bought in, my struggles would diminish. I had a difficult time at the beginning and therapy sessions were hard and frustrating, but now that I have caught on, I enjoy going and beating my score and other people's scores.

I have never bought into school as much as I do now. My motivation in the classroom is much better, and I believe that vision therapy helped give me the confidence to change. I can skim read much better and I evaluate text and look at what's important in a piece of writing instead of reading the whole thing and not understanding it. My time in vision therapy went by faster than I was expecting, but I can already see the improvement.

It's not so much that I can see clearer, but it's that I can think more clearly, my thoughts don't jumble up and as weird as it sounds, I just feel smarter. I am thankful that I got this opportunity to do vision therapy because I know it has helped me already, and it will benefit me in the future.