**Space Fixator**

**Goal:** To enhance peripheral awareness and localization. To improve eye-hand coordination.

**Setup:** Space Fixator attached to a window or glass door at eye level. It should be approximately 16” from the patient. The patient should be able to see all the colored circles while looking in the center. If the patient can’t see all of the circles, the patient should move back until they are able to. If using the big space fixator (separate large colored dots, you may move the dots towards the center until the patient is able to see them all.

**Instructions:**

**Level 1:** This level should be done with each eye patched and with both eyes together.

1. Look at the center mark on the Space Fixator. While looking at the center, be aware of where the colored dots are on the Space Fixator. Be certain that you are able to see them all.
2. Pay attention to what is all around you; where the walls are, what furniture is in the room, and what you can see through and around the Space Fixator.
3. Maintain your gaze on the central mark and touch the center of each of the colored dots. Be as accurate as possible. Check your accuracy by looking to see where your finger is touching.
4. Vary the order in which you touch the dots or have a helper call out the color and/or the location of the dot.

* Clockwise and Counterclockwise
* Right, Left, Top, Bottom, Upper Right, Lower Left, Upper Left, Lower Right
* Random

1. Once the above has been mastered, the patient should switch hands with each touch.

**Level 2:** This level should be done with each eye patched and with both eyes together.

1. Have a helper draw small shapes, numbers, or letters on the outside of each colored dot using a dry-erase marker. If you are not able to identify the images, the helper can make them bigger or draw them closer to the center.
2. As above, the assistant calls out the shape and the patient touches the appropriate shape while maintaining fixation on the center mark.
3. Repeat, with the patient switching hands every other touch.
4. Once the patient has memorized the location of the shapes, wipe them off and redraw in different locations.

**Fixation Activity:** Do this activity with each eye patched and with both eyes together.

1. Complete the activities as above but look at the dot before moving your finger to touch it. You may use the “Look, Ready, Touch, Back” sequence.

**Giant Space Fixator:**

1. Place the large circles on the wall, arranged in a circle, about 3 feet in diameter.
2. Repeat activities for Level 1 and Level 2 as above.

**To make it more interesting:**

1. Add a metronome to any of the above levels. Touch the circles to the beat of the metronome.
2. Stand on a balance board. Remember to keep your head and body still.
3. Move closer to the Space Fixator to make it more challenging.
4. Talk about what you see through the window or around the room.
5. Perform a cognitive activity like counting backwards, naming items in a category, carrying on a conversation, etc.