



THE OPTOMETRY CENTER
FOR VISION THERAPY

CHOOSING a PRACTICE

Selecting a practice and a Doctor for you and your family is typically a personal and very important decision. Not all optometrists provide in-depth testing for developmental and functional vision system deficiencies and the relevant treatment such as vision therapy.

To assist you in selecting the [Vision Therapy Practice](#) that best meets your unique and specific requirements, we recommend using a decision model. A decision model will help and provide you an objective process in your practice selection.

Attached is a sample decision model that you can use as a reference in building your own model. Included also is a worksheet for your model. (It is recommended that you build your own model that reflects what is important to you)

Decision Model Guidelines:

- 1. Start with the goal statement (it is the end result that you want from the services that a practice will be providing to you or your child as a patient). The more specific the statement, the better.*
- 2. Identify the factors that have the most effect on the attainment of the goal and the elements that have the most relevance to you or your child. We recommend 5 to 6 factors only. Several elements can be grouped within a factor to minimize the complexity of your model.*
- 3. Key Step: assign the weighting to each factor based on importance to you and its impact on the attainment of the goal. The total points of the weightings assigned to the different factors should equal 100.*
- 4. Multiply the weighting % of each factor by the score that you assigned; based on your research, experience and relevance to you. (The sample reflects a "perfect practice" thus the scores are 100 for every factor)*
- 5. Add the total points of the different practices that you are selecting from. You can have as many Practices in your model as you prefer. We recommend no more than 3.*
- 6. The Practice that has the highest total points will be your "[Preferred Practice](#)".*

"VISITING A PRACTICE AND MEETING THE DOCTOR [IN PERSON](#) WILL ENHANCE THE EFFECTIVENESS AND THE OBJECTIVITY OF YOUR DECISION MODEL SCORING"