

Irlen & OT Testing/ Retint Instructions / Covid-19 (Updated 12/2020)

Please respond that you received this email by replying to this email.

Thank you for requesting information about our services.

Our new office location is in the 21215 zip code in Baltimore, MD. Once you have scheduled your testing session, you will receive the exact address and COVID instructions.

COVID-19 OFFICE REQUIREMENTS AND PROTOCOLS

Physician verification you are Covid-19 free if you have had covid-19 or symptoms, or have traveled or possibly been exposed to the virus. Temperatures are taken prior to entering our office with a contactless thermometer. Clients with 98.6 degrees (1 degree variation allotted) are approved for testing. If anyone feels sick, please call by 9 am the morning of your appointment, to reschedule.

Deposits are non-refundable but will be applied to a new appointment. **No shows will be charged their deposit fee** and must send an additional deposit to reschedule. We now see only 1 client or 2+ family members per day. **You must bring clean masks** which must be worn during testing. You may purchase a disposable mask or/and face shield for \$5 each, if needed. We have non-latex gloves and anti-bacterial hand sanitizer. The office and testing materials are disinfected between clients.

Only one person is allowed in the office with the client. There is no waiting room so additional clients or family members will have to wait in their car or on our outdoor porch. **Bathroom use** is limited to clients and strict disinfecting is required after use. Please try to use bathroom before coming to the office, if possible. We will be able to take periodic bathroom breaks.

No discounts are available due to increased time and cost for Covid-19 protection guidelines.

IRLEN SERVICES AND FEES SUMMARY

irlen syndrome educational/sensory stress screenings (1.5 hours for colored overlays and includes a checklist summary of testing results and suggested accommodations.) **\$295 on-site screening** with 1-2 overlays included. **\$200 Virtual screening** (addition \$50 for reports and clients must order a set of 10 overlays on Amazon prior to testing)

irlen syndrome diagnostic testing (2-4 hours for spectral filters, included checklist report and accommodations))\$595. Clients screened and referred by certified irlen screeners must request their testing results be sent to our office prior to diagnostic testing. Optional: Add \$300 for a customized irlen diagnostic testing report.

Occupational therapy or additional irlen virtual, phone, or onsite consultations or intervention sessions: \$150/hr (\$37.50 per 15 minutes).

Irlen retint testing sessions (2-4 hours): \$150 per hour / \$37.50 per 15 minutes). During your initial irlen diagnostic testing year, you receive discounts on additional testing sessions (\$25 per 15 minutes)

PAYMENT OPTIONS

Credits cards accepted by phone and onsite (add 5% processing fee to CC or PayPal payments). If you send money on PayPal via "friends and family" from your PayPal cash balance a processing fee may not be charged (ADD any processing fees if they do charge) to shoshamberg@yahoo.com.

Checks for deposits may be mailed and balances must be paid onsite by cash, check, CC, or PayPal. Also you can send Zelle bank transfers to 4437948858.

Coded receipts can be provided for insurance reimbursement for OT for Maryland clinic sites with a diagnosis. Let us know if you will need a coded receipt. We DO NOT ACCEPT INSURANCE PAYMENT DIRECTLY.

RETINT CLIENTS MAY SCROLL DOWN TO THAT SECTION OF THIS DOCUMENT.

FIRST STEP: INITIAL PHONE CONSULTATION

Scheduling a phone consultation or testing session

Text 443-794-8858 to schedule a date, day, and call in time slot is \$35 for each 15 minutes. Our phone consultation hours are Monday thru Friday 10-11:30 AM and our onsite office hours are Monday thru Thursday 12/1 pm or 3 pm.

Or Leave a message and we will call back if you get voice mail or text an available time to schedule a time or free call for info.

PRIOR TO ALL PHONE CONSULTATIONS and INITIAL TESTING SESSION

Click on the CLIENT FORMS LINK on www.AOTSS.com HOMEPAGE and download, complete, scan and/or submit to info@aotss.com or FAX (443)460-2275. Make sure your document is printable and readable with no borders or shading.

AOTSS Irlen 6-PAGE SYMPTOM CHECKLIST and CLIENT REGISTRATION FORM

IF you are an AMEN CLINIC REFERRAL, please request copies of your Irlen Screening Form and Report, as well as, and copies of your SPECT BRAIN SCANS be sent to us or bring copies with you.

DO NOT TAKE A SELF-TEST DIRECTLY ON THE WEBSITE since this is not formatted for our records.

Services are provided at our BALTIMORE CLINIC: Sunday (11-2pm), Monday - Thursday (11am-6pm), and Friday (11am-3pm).

See our website or link below for videos on Irlen syndrome or for extensive info on Irlen syndrome symptoms, screenings, diagnostic testing, research and much more.

SECOND STEP: IRLEN SCREENING:

\$295 1-2 hours includes Irlen Overlays (a low tech intervention), suggestions for accommodations, and a checklist report. Immediate improvements can be demonstrated in one testing session. Need clear reading glasses if you wear RX for reading.

A \$100 deposit plus a 5% processing fee will secure a testing time and date.

We are scheduling VIRTUAL ZOOM Irlen screenings for \$200 + 5% processing fee for cc or regular PayPal (reg onsite fee \$295 plus processing fee). A personal summary report is \$50 additional. Please complete and send us the 6-page symptom checklist found on Www.AOTSS.com in the CLIENT FORMS section and we will review your symptoms at no charge. Watch the distortions video as well in the VIDEO section. Read TESTIMONIALS as well.

THIRD STEP: DIAGNOSTIC TESTING

If **IRLEN DIAGNOSTIC TESTING is completed within 2 weeks from the date of your AOTSS IRLEN SCREENING**, \$100 discount is applied to the DIAGNOSTIC TESTING (2-4 hours) and SPECTRAL TINT inclusive PACKAGE (\$990-\$100=\$890). A \$200 deposit is required to schedule diagnostic testing. A 5% processing fee is charged on all credit card payments. If you do not experience any improvements within 2 hours, we can end testing and you would just pay for the 2 hours @ \$300 and we are finished. You would not be getting irlen spectral filters but will come away with ideas for managing your stress and improving function. This rarely happens if an irlen screening produces results. We can provide a coded receipt for OT, but do not accept any insurance payment.

DIAGNOSTIC TESTING fee is \$595. Single vision, low RX 2.0- or +, and NO RX PLANO lenses are \$395 for the first pair and \$295 for a second pair with same tint and RX/PLANO.

DOWNLOAD THE PDF of the OPTICAL FORM & CLIENT WAIVER from CLIENT FORMS on www.AOTSS.com and bring completed forms to your testing session or send them by email. All paperwork must be submitted in order to process your order for RX irlen tinted lenses made by irlen Lab or made by another optician. No RX/PLANO lenses do not require any additional paperwork and you will bring a full frame with demo lenses (Irlen Labs makes and tints all PLANO/NO RX lenses).

If **semi rimless or rimless frames are used**, then lenses must be removed from the frame for tinting. Send lenses only for tinting and your optician will have to install the lenses into the frame. For semi-rimless, there is an additional charge for irlen labs to make the lenses and install them into the frame. All lenses must be CR 39 tintable plastic with NO COATINGS including UV and anti-scratch. We put those coatings on after tinting the lenses. We recommend full metal or plastic frames when possible. If you choose a **clip-on frame with PLANO tinted lenses**, send a full frame clip-on that has a screw enclosure. Make sure it fits your frame securely before sending it to us. Keep the existing lenses in the frame which are used as templates to make your lenses by irlen labs. If you wish a list of acceptable clip-on frames email shoshana@aotss.com.

ADD \$35 for all clients under 18 years of age for industrial strength lenses of 3.0 thickness lenses, which is required by the FDA and fulfills safety requirements. Adults may order industrial strength as well and this option is recommended as more durable than standard lenses. Irlen Labs cannot tint/supply polycarbonate lenses for irlen tinting,

ALL CLIENTS WITH PRESCRIPTION EYEGLASSES MUST BRING A COPY OF YOUR OPTICAL RX WITH THE PD MEASUREMENT (pupillary distance) and clear RX glasses for testing. These glasses may be CR39 tintable plastic and can be tinted by irlen labs or a backup pair that you will take back and new lenses will be made for irlen tinting by irlen labs.

Measuring Pupillary Distance PD

<http://www.zennioptical.com/measuring-pd-infographic>

Many online sites provide instructions on how to take PD (pupillary distance) measurements at your computer or with a mirror and ruler as well (Google "instructions for taking PD measurements").

For clients with severe autism or cognitive or behavioral challenges, please submit the Irlen AUTISM QUESTIONNAIRE found in the online self-test section of www.aotss.com and www.irlen.com with a \$28 check made out to Irlen international in Long Beach, CA. You may send this directly to Irlen International via the www.irlen.com website and they will contact us if irlen testing is recommended. Your information will be reviewed by an irlen autism expert to determine recommendations for

specialized testing may require a customized testing process and additional charges. This usually applies to non-verbal clients or clients with severe behavior and attention deficits.

IRLEN DIAGNOSTIC TESTING OR RETINT EXAMS:

Clients should have seen an **EYE DOCTOR within a year** of Irlen testing or retint exams. This is not crucial prior to an IRLen SCREENING / CONSULTATION. Bring a copy of your unexpired RX with PD to the testing session.

For RX lenses:

A current RX with the PUPILLARY DISTANCE PD is needed for clients who will be ordering IRLen LAB MADE RX LENSES or RX lenses made by your optician. All lab made lenses must be CR 39 tintable industrial strength with NO COATINGS, for clients under 18 years old.

Irlen initial Diagnostic Testing includes one follow up exam within 30 days of wearing initial tints on full price services (does not apply to discounted services or retint exams) to adjust the tint if needed. 95% of our clients never need this but it is available to insure that the tints are precise, comfortable, and the most optimal. Most people only require the initial tint session to obtain the most accurate tint with immediately experienced improvements and benefits. Irlen tinted lenses are mailed directly to you from Irlen Labs. **We recommend yearly retint exams to insure accuracy and effectiveness (usually 1 hour @ \$150/hr).**

Regardless of the tint color or darkness: color accuracy, comfort, and brightness are maintained without glare and discomfort. You will not see the color when looking through the lenses and they do not look or feel like sunglasses so can usually be worn at night to help with glare and driving.

If you wear RX glasses, you must wear clear, untinted lenses during testing, preferably with your current RX, to insure Irlen tinting accuracy. Bring a copy of your most recent Optical RX with PD from your eyecare professional.

Also, bring a sample of stressful reading material and/or electronic device, if appropriate for your issues. For children, a writing and math sample completed in a classroom and another for homework would be helpful as well.

For tinted single vision or NO RX PLANO lenses, please bring frames and Irlen Labs will make your lenses and tint them. They are mailed directly to you from Irlen Labs. An RX stronger than 2.0 +/- lighter weight, ultra-thin lenses can be order at an additional charge.

All mailings go to our current office address:

Abilities OT & Irlen Diagnostic Center

ATT: Shoshana Shamberg

3309 W Strathmore Ave

Baltimore MD 21215-3718

Text me when your package is in the mail it to 443-794-8858 and I will contact you I receive it.

IRLEN TINTED CONTACT LENSES:

8-12 weeks to tint.

Must have a consistent Irlen tint RX for at least one month in glasses to insure tint needs no further adjustment.

No RUSH available.

PLANO and RX contact lenses may be tinted with proper documentation (request list of tintable contacts): \$295 for tinting. Client supplies the contact lenses in glass vials.

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If you wear RX glasses, you must wear clear, untinted lenses during testing, preferably with your current RX, to insure Irlen tinting accuracy. Bring a copy of your most recent Optical RX with PD from your eyecare professional.

Also try to bring a sample of stressful reading material, if appropriate for your issues. For children, a writing and math sample completed in a classroom and another for homework would be helpful as well. Also your laptop computer or tablet if working at the computer is one of your issues.

For tinted single vision or NO RX PLANO lenses, please bring frames and Irlen Labs will make your lenses and tint them. They are mailed directly to you from Irlen Labs. An RX stronger than 2.0 +/-: lighter weight, ultra thin lenses can be order at an additional charge.

Irlen labs does not make bifocals, so your optician would make all bifocals to our specifications. CR 39 tintable plastic lenses with NO COATINGS (including NO UV or anti-scratch). We can put those tints on after the Irlen tinting process.

An OPTICIAN FORM signed by your OPTICIAN, the CLIENT WAIVER, and RX with PD must be provided to process all orders made by your OPTICIAN. See CLIENT FORMS section of www.AOTSS.com to download forms and instructions.

There is an additional \$75 charge for **wrap around or oversized lenses**, which are sometimes preferred for optimal light sensitive protection. Eventually tinted contact lenses may be desired once you achieve a stable and optimal tint. Contact lenses cannot be retinted or adjusted, but offer the most protection from light, often cosmetically desired, and for sports etc.

Sports goggles with Irlen tints may be ordered as well. Additional tints may be ordered between retint sessions by mail, so you do not have to come to my office for additional testing, unless tint adjustments are desired. A \$35 additional fee is charged on all Irlen Lab made lenses for industrial strength lenses for children under 18 year's old.

All glasses are mailed to you directly from Irlen Labs, therefore one session is usually all that is needed. Insure we have your current address on file.

Immediate benefits are observed in the testing, or you would not want to go on for glasses. This rarely occurs. But if no benefits are experienced during testing you would just pay our hourly rate and we are done. No further Irlen testing or tinted lenses would be needed at that time.

All lenses are CR 39 tintable plastic (NO polycarbonate or Coatings) with NO COATINGS). Irlen Labs only guarantees the quality of lenses they make, so make sure your optician understands how to make lenses for Irlen tinting!

At least one parent (for children under 16 year) must be in the testing session the entire time . No cell phones during that time, since your focus is needed to successfully uncover the most optimal solutions and tint with your child.

SUMMARY OF CHARGES AND SERVICES SCREENING & DIAGNOSTIC TESTING

\$295 Irlen Screening On-site includes checklist report and accommodation plan (ADD \$300 for a customized comprehensive educational report and accommodation plan). Includes 1-2 overlays. Additional overlays are \$7 each. \$150 for second family member tested on the same day.

\$200 Irlen Virtual Screening (ADD \$50 for checklist summary report and accommodation plan if needed). Recommended that clients order a set of 10 irlen overlays on Amazon or www.irlen.com prior to the virtual ZOOM session. \$150 for second family member testing on same day.

\$595 Irlen Diagnostic Testing (\$300 for a second family member tested on the same day)

\$395 First pair of irlen RX or no RX/PLANO lenses with irlen tinting

\$35 ADD for Industrial Strength lenses (required for all sports goggles and clients under 18 years)

\$295 Second pair or irlen RX or PLANO lenses with tinting within the same tint year

All irlen tint orders are mailed directly to clients from Irlen Lab.

\$795 Irlen Screening and Diagnostic Testing completed on the same day.

\$150/hr. or \$37.50 per each 15 minutes Retint Exams.

\$150 retinting irlen tinted lenses if relatively scratch free and darker or similar density and color then existing tint. Usually 1 hour (up to 2 hours for the first retint exam or if you have not had a retint for over a year. Irlen tinted lenses can often be retinted for \$150 if lenses are scratch free in the visual field and not much darker then the retint color. New single vision RX or PLANO lenses are \$330. You must bring a current copy of your optical RX with the Pupillary Measurement (PD). You often must ask that it be put onto the RX. Make sure the RX is readable if handwritten and is not expired. Yearly RETINT exams are recommended to insure tints are accurate and to determine fading. Other factors that may affect the color and darkness of your tint: injury, illness, stress levels, medications, changes in your environment, increased demand for reading and working at a computer, exercise/diet, and/or hormonal changes.

Comprehensive Educational Assessment Reports are \$300, if needed. Checklist reports and accommodation plan recommendations (for IEPs, 504, or ADA compliance) are included with onsite testing fees.

Testing may be **health insurance reimbursable** for Occupational Therapy, if you are tested in our Baltimore office or any location in MARYLAND. We do not accept insurance, but will provide a receipt with treatment codes, upon request. A 5% fee is charged on all credit card transactions.

Thank you for your interest in irlen services and Irlen Method. Our website www.AOTSS.com contains research, videos of clients , testimonials and free checklists for autism , chronic migraines/ headaches, dyslexia , ADD, ADHD, and more. Understand about the neuroscience of color and

sensory motor interventions can immediately improve learning, working productivity, attention/focus, behavior, anxiety disorders, sensory processing , and migraines. [Www.irlen.com](http://www.irlen.com) & www.irlensyndrome.org & YouTube.com has a lot of valuable info as well.

You may register for trainings on www.aotss.com or via email with PayPal, zelle, or by phone with a credit card. Processing fees may be charged for cc and PayPal. Zelle 4437948858. PayPal (friends and family usually do not have processing fees) is shoshamberg@yahoo.com. Call for credit card payments.

Irlen diagnostic clients or parents of irlen diagnostic clients may attend our irlen Screener Training for half price. Email for details or to register at the discounted rate. Our new online screener training is 15 CE hours and scheduled according to interest and customized adapted time frames.

Shoshana Shamberg OTR, MS, FAOTA

Irlen Diagnostician

410-358-7269

Shoshana@aotss.com

Baltimore Clinic

3309 W Strathmore Ave

Baltimore, MD 21215-3718

Text messaging : 443-794-8858

Current FAX 443-460-2275

Mailing address:

Abilities OT & Irlen Diagnostic Center

Att: Shoshana Shamberg

3309 W Strathmore Ave

Baltimore, MD 21215-3718

Satellite Clinic:

Columbus, Ohio

Other sites

Traveling Diagnostician: call for fees and schedule

Who do we help?

children and adults with:

- light sensitivity,
- attention deficits (ADD/HD)
- dyslexia, dysgraphia, & dyscalculia
- reading, handwriting and math problems
- problems reading music score
- anxiety & depression
- migraines
- seizures
- behavior problems
- fatigue and visual stress
- computer stress syndrome
- stressful driving especially at night
- sensory processing disorders
- concussion and stroke
- motor coordination problems

Irlen Screener's Certification Training & Sensory Processing Disorders (15 CE hours) VIRTUAL

is open to professionals with a bachelor's degree or higher . See our website www.AOTSS.com for details, brochures, and registration . Irlen Clients receive a 50% discount on trainings. A minimum of 4 people is required to hold a training.

Professional development seminars may be sponsored and brought to your location and staff. Our seminars are approved automatically by over 30 state licensing boards for occupational therapists by AOTA APP (approved provider for CE).