



Lions Eye Health Program

Low Vision

See Well for a Lifetime



National Eye Health
Education Program
NEHEP



National
Eye
Institute
NATIONAL INSTITUTES OF HEALTH





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Is Vision Loss Part of Getting Older?

- Vision can change as we age.
- Vision loss and blindness are not a normal part of aging.





What Vision Changes Are Normal?

- Focusing on objects up close is harder to do.
- Noticing declining sensitivity.
- Needing more light to see well.
- Needing more time to adjust to changing levels of light.



What Is Low Vision?

- Vision that is not corrected by eyeglasses, contact lenses, medication, or surgery.
- Low vision may make everyday tasks difficult to do.





What Causes Low Vision?

- Sometimes vision loss occurs because of eye injuries or birth defects.
- Most people develop low vision because of the following:
 - Age-related macular degeneration
 - Cataract
 - Diabetic eye disease
 - Glaucoma



Signs of Low Vision

- Even with your regular glasses or contact lenses, you have difficulty with the following:
 - Recognizing familiar faces.
 - Reading.
 - Cooking.
 - Picking out and matching the color of your clothes.
 - Reading street signs.



How Do You Know When To Get an Eye Exam?

- When you experience vision changes.
- Make it a part of your routine health care:
 - People aged 50 or older should have a comprehensive dilated eye exam.





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How Do You Know if You Have Low Vision?

- Only an eye care professional can tell if you have low vision.



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What Is a Low Vision Assessment?

- A low vision assessment determines the extent of vision loss and potential for vision rehabilitation.



What Is a Low Vision Assessment?

(Continued)

- The specialist in low vision will assess the following:
 - Your general health and eye health history.
 - Functions of daily living related to your vision.
 - Your visual acuity and other eye functions.



What Can You Do if You Have Low Vision?

- Take charge.
- Visit your eye care professional or a specialist in low vision.
- Ask about vision rehabilitation.
- Learn about low vision devices and services.



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Vision Rehabilitation

- Offers information about devices and services.
- Helps people adapt to vision loss and maintain their independence.





Where Can You Go for Services?

- Ophthalmology or optometry offices that specialize in low vision.
- Hospital clinics.
- State, nonprofit, or for-profit vision rehabilitation organizations.
- Independent-living centers.



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How Can You Find a Specialist?

- Talk with your eye care professional about local resources.
- Visit www.nei.nih.gov/lowvision



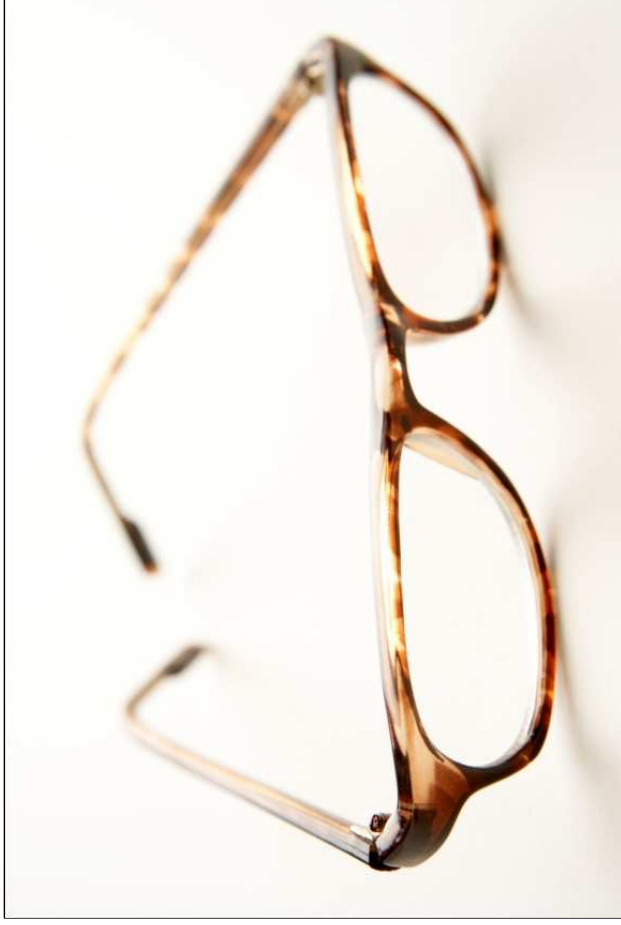
Low Vision Devices

- Many people require more than one visual device. Some examples of devices are listed below:
 - Glasses.
 - Telescopic lenses.
 - Special software for computers.
 - Other devices.



Low Vision Devices *(Continued)*

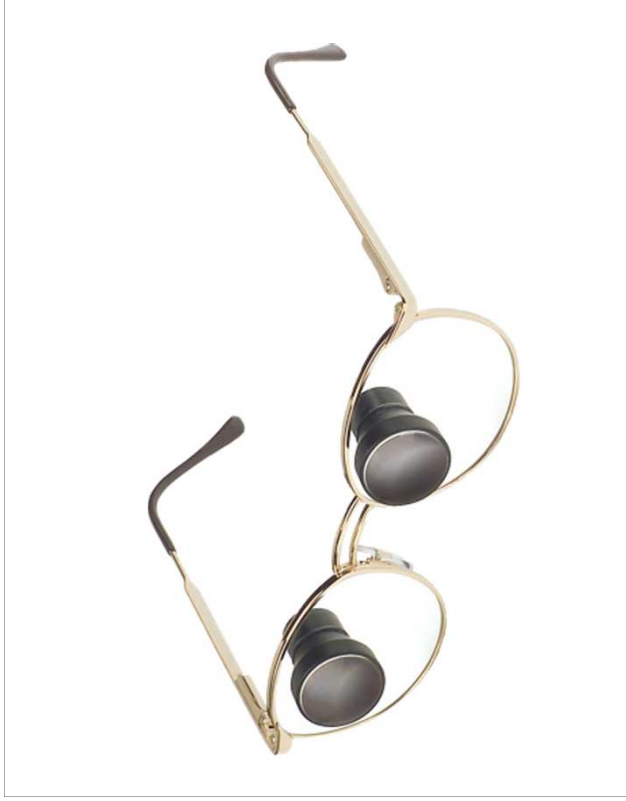
- Glasses with high-powered lenses





Low Vision Devices *(Continued)*

- Telescopic lenses



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Low Vision Devices *(Continued)*

- Special software for computers





Low Vision Devices *(Continued)*

- Other devices



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Be Your Best Health Advocate

- Investigate and learn as much as you can.
- Ask questions about vision rehabilitation, and ask for a referral for care or a resource for more information.





Be Your Best Health Advocate

(Continued)

- Learn about low vision programs, devices, and technology.
- Get support from family and friends.
- Establish a good relationship with your eye care professional and specialist in low vision.



Questions To Ask Your Eye Care Professional

- What changes can I expect in my vision?
- Will my vision loss get worse?
- How much of my vision will I lose?
- Will regular eyeglasses improve my vision?
- What can I do to protect my vision?



Questions To Ask Your Eye Care Professional *(Continued)*

- Will diet, exercise, or lifestyle changes help?
- If my vision can't be corrected, can you refer me to a specialist in low vision?
- Where can I get a low vision assessment?
- Where can I get vision rehabilitation?



Questions To Ask Your Specialist in Low Vision

- How can I continue my daily activities?
- Are there resources to help me in my job?
- Will any special devices help me with daily activities around the house?



Questions To Ask Your Specialist in Low Vision *(Continued)*

- What training and services are available to help me live better and more safely?
- Where can I find support to cope with my vision loss?





Review

- Low vision is vision that cannot be corrected.
- People with low vision can make the most of the vision they have.
- It pays to be proactive. Learn about vision rehabilitation services.
- Questions?



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Where To Get More Information

National Eye Institute (NEI)

- Visit the Low Vision Web site: www.nei.nih.gov/lowvision
- Or call NEI at 301-496-5248

Lions Clubs International

- Visit the Lions Clubs International Web site: www.lionsclubs.org
- Or send an e-mail to: programs@lionsclubs.org