

# Vision loss information sheet

# Common eye conditions

About two thirds of people with vision loss are over the age of 65. The most common eye conditions are listed below. You can download free factsheets from [visionaustralia.org](http://www.visionaustralia.org/learn-more/eye-conditions)

* Age-related macular degeneration
* Glaucoma
* Cataracts
* Stroke
* Diabetic retinopathy.

# The impact of vision loss on daily activities

* **Personal care** – selecting clothing, shaving, makeup
* **Medication** – distinguishing and handling tablets
* **Communication** – using phone, clock, radio, diary
* **Domestic tasks** – keeping an organised room to enable locating items
* **Community activity** – shopping, banking, outings
* **Recreation** – reading, craft, music, games, puzzles

# Support and services at Vision Australia

* **Emotional support** and counselling for adjusting to vision loss
* **Occupational therapy** to increase confidence and independence
* **Orientation & mobility** to prevent falls and be safe in the home and community
* **Magnifiers, lighting, equipment** and more to enhance daily living
* **Social groups** either in person or over the telephone to increase social inclusion
* **Adaptive technology** training to increase digital access
* **Audio books**, magazines and newspapers for leisure and learning

# When to refer

* If they have seen the ophthalmologist or optometrist and have been diagnosed with an eye condition or been told their vision will get worse over time
* The ophthalmologist says there is nothing more that can be done for their eyes
* Their glasses no longer correct vision
* They have difficulty with everyday tasks
* They need advice and support adjusting to vision loss.

## Vision Australia logo and webiste visionaustralia.orgHow to refer

It’s easy to refer people to Vision Australia through the My Aged Care portal. Just follow these simple steps:

1. Go to ‘Find a service provider’
2. Select the service category ‘Help at home’
3. Select the service type ‘Specialised Support Services’
4. Tick the ‘Vision Service’ box
5. Under ‘Find Services’ search by provider name Vision Australia

## Some common indicators of vision loss

## Lighting and glare

* Saying how poor or glary the lighting is

## Changes to eyes and vision

* Saying things are blurry or out of focus
* Feeling that their glasses are no longer working
* Saying some days they can see better than others
* Saying some days it’s easier to see faces
* Seeing spots in front of their eyes
* Holding objects close to their face
* Rubbing their eyes a lot

## Safety around the home

* Bumping into objects
* Tripping or falling over
* Losing balance
* Burning themselves

## Changes to lifestyle

* Are reluctant to go out
* Staying home more than usual
* Not reading favourite newspaper, magazine or book

## About Vision Australia

Vision Australia is the leading national provider of blindness and low vision services supporting people to live the life they choose. Our advice, tools and services, and the way we work with a person, their support network and other providers helps over 27,500 people each year, across Australia to live well with vision loss.
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