

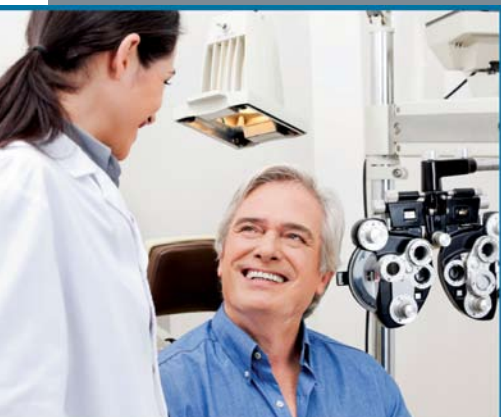
Don't Let Vision Loss Stop You:

Steps to Take to Get Help

www.VisionAware.org



Vision Testing Equipment



Eye Exam

First Step: Be Aware

Learn about symptoms of vision loss, such as sudden hazy or blurred vision, double vision, flashes of light, halos around lights, or unusual sensitivity to light or glare. These can be signs of a serious vision problem. It is critical that you see an eye care professional immediately if these symptoms occur. If you're losing your vision, it's very important to get the emotional support and practical information you need to move forward.

Find an Ophthalmologist: http://www.aao.org/find_eyemd.cfm

Find an Optometrist: <http://aoa.org/x5428.xml>

Second Step: Learn About Resources

American Foundation for the Blind (AFB) Web Resources for Living with Vision Loss

- For adults with vision loss and family members; includes a nationwide directory of services, glossary of eye conditions, practical information for living with vision loss, and ways to connect through message boards and blogs
www.visionaware.org
- For blindness and visual impairment topics in general
www.afb.org
- For up-to-date reviews of technology and new products through AccessWorld
www.afb.org/aw
- For parents of children with visual impairments
www.FamilyConnect.org
- For job seekers and employers
www.afb.org/careerconnect
- Or call the AFB Information Desk: **1-800-232-5463**



Steps to Take to Get Help



Task Lighting to Cut an Apple



Contrasting Color Light Switch

Other Web Resources with Medical, Independent Living, and Employment Information

- For essential tips for making the most of remaining vision and a list of resources
www.aao.org/smartsight (click on handout)
- For reading, the National Library Service's Talking Books Program provides free recorded books and magazines for people with vision loss
www.loc.gov/nls or 1-888-NLS-READ
- For independent living services by state and employment services for people with vision loss
www.NCSAB.org
- For services for any veteran experiencing vision problems
www.va.gov/blindrehab or 1-800-827-1000
- For National Eye Health Education Information and Research
<http://www.nei.nih.gov/nehep/>

Third Step: Use These Practical Eye-Deas

- Keep rooms well lit. This reduces the chances of tripping over unseen obstacles.
- Use task lighting for cooking, reading, and other close work.
- Use contrasting colors to make your doorways, stairs, light switches, furniture, and even table settings easy to see.
- Stay organized. Use a basket or tray to store and keep track of TV remotes, keys, and pill bottles. Always return these items to their "home" when not in use.
- Remove coffee tables, throw rugs, or electrical cords that present a tripping hazard.
- Mark appliances by using tactile dots or raised markings for settings you use on your stove, microwave, or dishwasher.

Find more information on living with vision loss, visit VisionAware™ at www.visionaware.org.

