

FINDING HELP FOR VISION IMPAIRMENT, LOW VISION AND BLINDNESS

FACT SHEET

When vision problems stop you from participating in everyday activities, THERE IS HELP!

Common Causes:

- Macular degeneration
- Diabetic retinopathy
- Glaucoma
- Retinitis pigmentosa
- Stroke/traumatic brain injury
- Optic nerve disease

Vision Rehabilitation Can Help With:

- Reading
- Writing
- Safety
- Community integration
- Transportation sources
- Cooking
- Driving
- Walking
- Self-care
- And much more!

See a doctor of optometry for a low vision evaluation and maximize your quality of life and independence.

Signs & Symptoms:

- Blurred vision
- Distorted vision
- Loss of detail vision
- Central vision loss
- Peripheral (side) vision loss

Vision loss can affect your physical and mental health



Courtesy of Enhanced Vision, a Vispero Brand

Doctors of optometry can provide vision rehabilitation services for people with recent or chronic vision loss

Vision Rehabilitation: Rebuilding Independence & Maximizing Quality of Life

Doctors of optometry can provide vision rehabilitation services for people with vision impairment, low vision or blindness, including services and options such as:

Therapy: maximize the use of remaining vision

Assistive software: screen-enlarging and document-reading software; also smartphone and tablet applications

Environmental adaptations: lighting recommendations, glare control, and contrast enhancement options

Education and counseling: cope with vision loss and explore community resources

Low vision aids & assistive technology: magnifiers, telescopes, video magnifiers

Non-optical low vision aids: line guides, large print labels and material, audio aids, large keypads, and tactile markings that you can touch on appliances

TO FIND A DOCTOR OF OPTOMETRY WHO PROVIDES VISION REHABILITATION:

- 1 Visit aoa.org/doctorlocator
- 2 Enter your location (city, state, or zip code)
- 3 Select "Vision Rehabilitation Emphasis"
- 4 Click on "SEARCH"