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

**Common Causes:**
- Macular degeneration
- Diabetic retinopathy
- Glaucoma
- Retinitis pigmentosa
- Stroke/TBI
- 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 smart phone 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

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TO FIND A DOCTOR OF OPTOMETRY THAT PROVIDES VISION REHABILITATION:

1. **Visit** [aoa.org/DoctorLocator](http://aoa.org/DoctorLocator)
2. **Enter your location** (city, state, or zip code)
3. **Select “Vision Rehabilitation Emphasis”**
4. **Click on “SEARCH”**

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**AMERICAN OPTOMETRIC ASSOCIATION**

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