Webinar Series
RAS Assessors

Wellness & Reablement for people with vision loss

12 September 2018

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Hosted by Joel Morris

Vision Australia
Blindness. Low Vision. Opportunity.

Outcomes for today

1. Introduction to vision loss
2. How to identify vision loss
3. Know what supports are available

Barry, Vision Australia client taking part in a recreation program

Case Study

Sally is 73 years old and has recently experienced a lack of central vision, with objects and faces in her central field becoming unrecogniseable, even while wearing glasses.

Sally is an active retiree

- She lives in town in a major regional centre
- She volunteers locally at the Op Shop and loves gardening.
- Her husband has some care needs
- Sally has 4 grandchildren.

Sally is informed by the Ophthalmologist that her vision level poses a risk to driving and refers her to My Aged Care for an assessment.

<u>You arrive 1 week later to find Sally has stopped volunteering, is worried about her driving and upset about the possibility of not seeing her grandchildren</u>.

Vision impairment is common in older people

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Incidence of blindness increases with age

An estimated **386,000 people** in Australia are blind (10%) or have low vision (90%).

More than 70% are aged 65 years or older.

As we age, we lose our sight
0 – 19 years – 1 in 400
20 – 29 years – 1 in 250
30 – 39 years – 1 in 200
40 – 49 years – 1 in 160
50 – 59 years – 1 in 90
60 – 69 years – 1 in 30
70 – 79 years – 1 in 16
80 – 89 years – 1 in 10
90 years + - 1 in 7

Source: ABS Survey of disability & carers (SDAC)

Common eye conditions

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Normal vision

Age related macular degeneration

Diabetic retinopathy

Glaucoma

Retinitis pigmentosa

Cataracts

Risks increase with vision loss

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2x | **3x** | **4-8x** | **3 years earlier** | **Decreases 2x**

Source: Centre for Eye Research Australia, *Clear Insight: The Economic Impact and Cost of Vision Loss in Australia*, Aug 2004

How to identify Vision Loss

Dealing with everyday tasks and situations

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Some key questions to identify impacts of vision impairment

- Do you have an eye condition? Diagnosis? Eye Specialist?
- Has a doctor ever told you that nothing more can be done for your vision?
- Can you recognize the faces of family or friends?
- Do you ever feel that problems with your vision make it difficult for you to do the things you would like to do?
  - Can you see the regular print in newspapers, magazines or books?
  - When crossing the street, do cars seem to appear very suddenly?
  - Do you have any trouble with your vision watching TV, play cards, do sewing, or any similar type of activity?

Common goals for older people with vision loss

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- Stay **safe** at home and in community
- **Independence** (go shopping, prepare meals, interests and hobbies)
- **Connect** socially
- **Access** books, magazines, mail and prescriptions.

June, a Vision Australia client continues to enjoy ballroom dancing despite vision loss

Know what supports are available

Vision Australia CHSP Services

Specialised Support Services – Vision: Victoria, NSW, Queensland, ACT & Darwin.

A service sub-type in aged care developed to meet the specific need of older people with vision impairment

What does it include?

- Includes range of allied health and therapies
- Assistive technology support
- Information and advice

Allied Heath and Therapy – Occupational Therapy: Victoria & NSW

Social Support – Groups: Victoria only

Wellness & Reablement

The Vision Australia approach:

- Specifically focus on Wellness and Reablement (physical, social, and psychological)
  Can be ongoing.
- Can include intensive time-limited interventions (usually 8-12 weeks)

- A very personalised approach to help a person achieve positive outcomes to
  —understand their vision loss
  —strategies to manage impact of vision loss on functioning
  —regain confidence and capacity to resume activities
  —maximise their independence, safety and autonomy.

Strategies for support

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Self care and management

- Using a magnifier to look through photo albums
- Contrast, lighting, storage and tactile to know where food is, prepare food safely to share with family and friends, rather than home delivered meals
- Matching clothes, applying make up, hair.

Communication

- Assistive technology to stay in touch with family and friends, see what's on in the local community

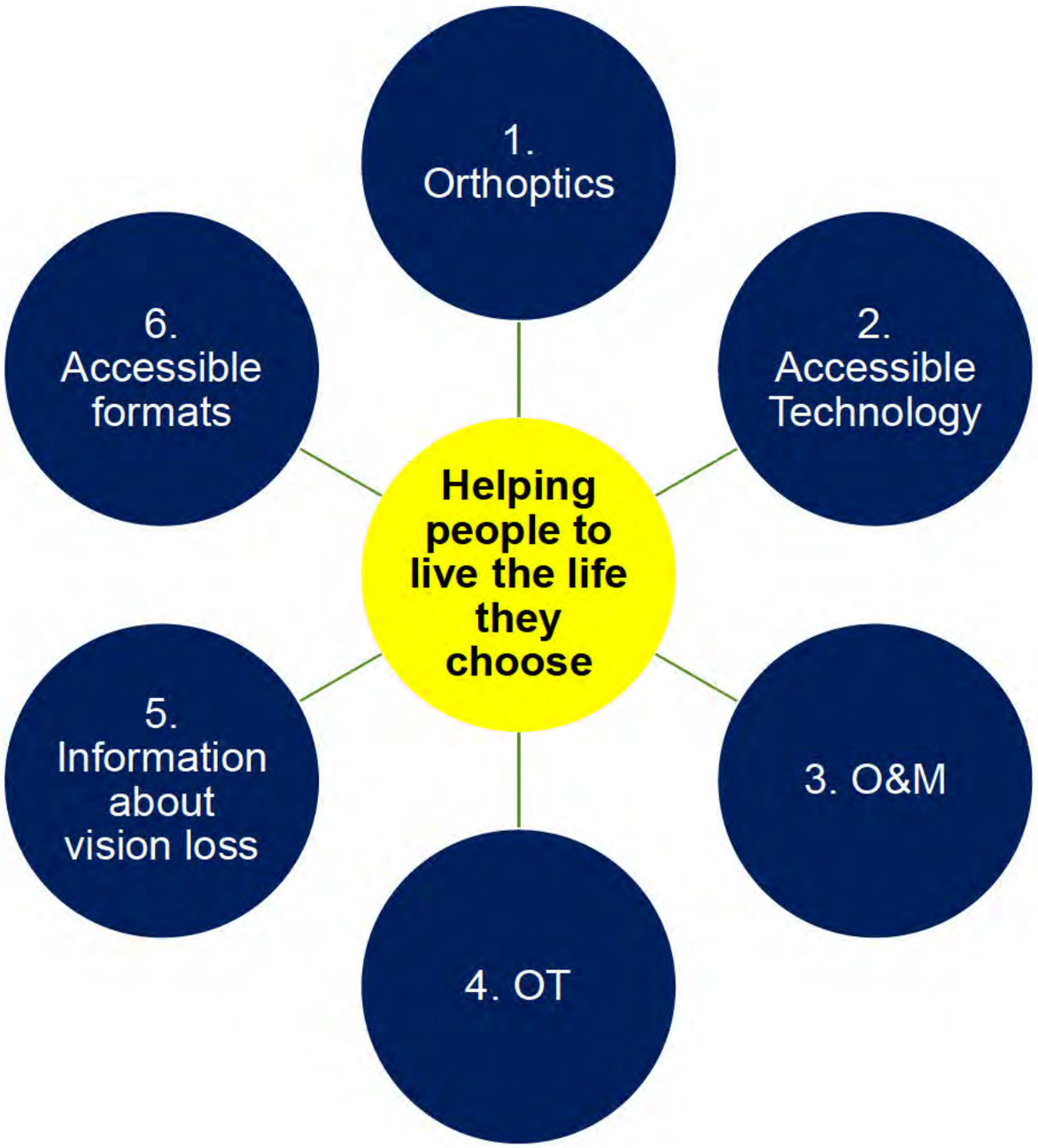
Mobility

- Navigation training for getting out of the house, crossing the street, catching a bus or train

Social and economic participation

- Ability to know about activities

Vision Australia Specialised Support Services



Delivered by over 200 vision experts including:

- Occupational Therapists*
- Orientation & mobility specialists
- Orthoptists
- Case workers
- Alternate format experts in audio, large print, braille and electronic
- Technology & equipment specialists

June and Vision Australia Orientation and Mobility specialist Emily practice navigating public transport

1. Orthoptics

Specialise in supporting the person to use their remaining vision

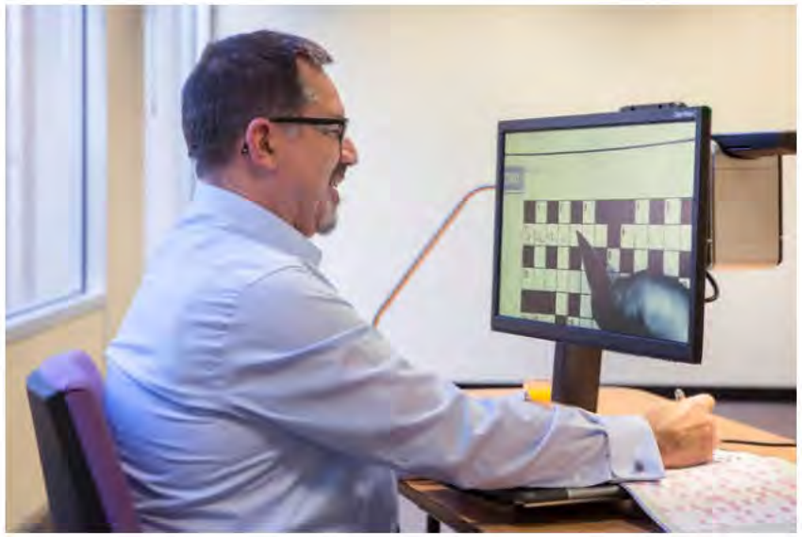
- Understand their vision condition
- Make the most of existing vision
- Recommendations on lighting, magnification and contrast

Orthoptics services can be a good first point of contact for someone with a newly acquired vision impairment.

2. Accessible Technology

Accessible technology can increase independence, safety and ability to connect

A range of phones & phone plans designed specifically for people who are vision impaired



Screen reader technology that magnifies content

Large button TV control

2. Accessible Technology

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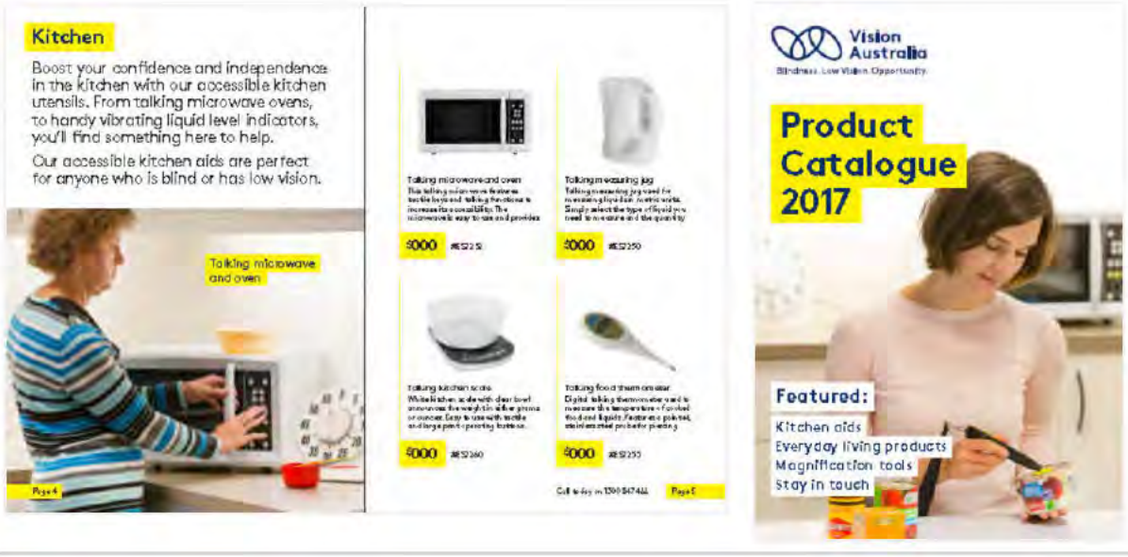
Equipment is specifically designed to support people with the tasks of everyday living and we can help with training and support

Handheld magnifiers – range 2X to 20X for use inside & outside of the home

Range of home & kitchen appliances including a talking microwave

Combined magnifier & light for reading, writing & other activities that require detail

Products that aid mobility such as canes & walking sticks



A new Vision Australia Equipment catalogue with over 100 products

3. Orientation & mobility

Orientation & Mobility training equips people who are blind or who have low vision with the skills and concepts they need to move about their home and the community safely, independently and confidently.

O&M specialists work with clients to:

- Walk to the shops
- Crossing the road
- Use mobility aids
- Take public transport

Orientation is usually developed over a number of sessions.

4. Occupational Therapy

Occupational Therapy provides skills and strategies for independence and safety in the home

OT's work with clients to:

- Safe meal preparation
- Recommended lighting in the house
- Home modification recommendations
- Bigger, brighter, bolder and tactile

Focus is on self care and self management

5. Information about Vision Loss

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Helping older people, family and friends and the broader aged care sector to understand vision loss

- What is my vision condition?
- What can I expect to happen with my vision?
- How do I manage my vision condition?
- How do I keep doing what I have always loved doing?
- Where can I talk to other people who have experienced vision loss?

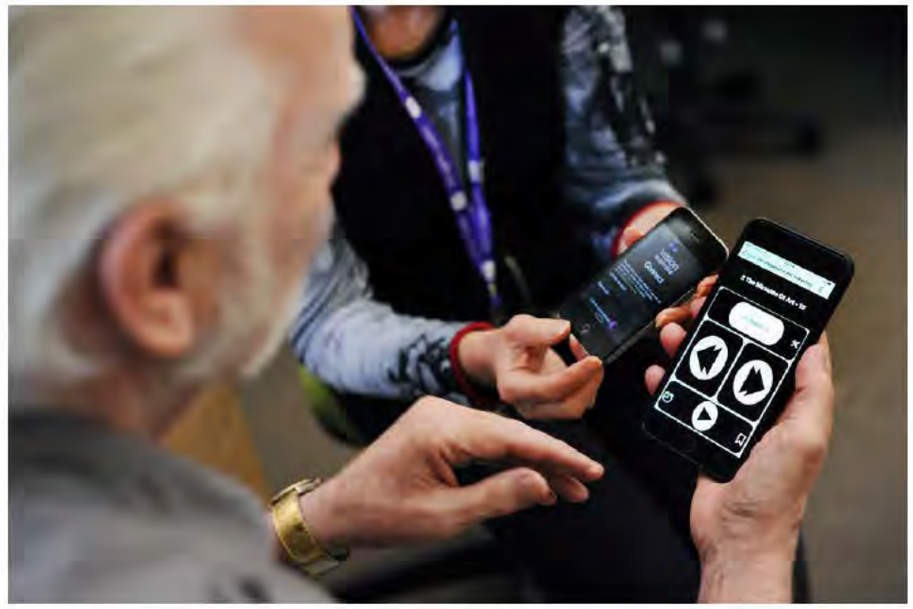
Quality Living Groups

Peer support groups to enable people to adapt to living with a vision impairment. These can be face to face or over telelink, significantly aiding in social connections and emotional wellbeing.

6. Accessible formats

Access to accessible printed materials, including books, magazines and newspapers

- Over 40,000 audio books available to download via our app or Daisy Player
- Conversion of other materials into audio, braille and large print



Over 40,000 audio & braille books. Audio books available via online app.

Case Study – Service Plan

Remember that Sally is 73 years old and recently experienced a lack of central vision, with objects and faces in her central field becoming unrecogniseable, even while wearing glasses. This affected her ability to drive, volunteer, and connect with her family.

Supports	Volume/Type
Information	Macular Degeneration
Orthoptist	1 hour
Occupational Therapist	2 hours
Orientation & Mobility	12 hours
Quality Living Group	2 hours per month
Telelink	1 hour a week
Assistive Technology	6 week program
Aids and Equipment	Unfunded

MAC Portal steps to refer to

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We are where you are

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Vision Australia is a funded provider **in all aged care regions** across VIC, NSW, QLD, ACT and Darwin.

Look for 'Specialised Support Services – Vision' **or** search by name 'Vision Australia'.

1. Search by '*help at home*' category
2. Select – '*Specialised Support Services – Vision*'
3. Select Vision Australia

Locations

Victoria

Albury Wodonga
Ballarat
Bendigo
Dandenong
Geelong
Kensington
Kensington - SEDA
Kooyong - Head Office
Mildura
Ringwood
Shepparton
Warragul
Warrnambool

New South Wales

Albury
Ashfield
Caringbah
Coffs Harbour
Epping
Gosford
Lismore
Newcastle
Orange
Parramatta – Head Office
Tamworth
Wagga Wagga
Wollongong

Australian Capital Territory

Canberra

Queensland

Brisbane - Head Office
Cairns
Townsville
Gold Coast/Robina
Maroochydore

Western Australia

Perth

Northern Territory

Darwin

Next steps

- Regional follow up within next two weeks
- For urgent enquiries, please call 1300 88 70 58
- Materials from presentation will be emailed out to each of you
- Please forward onto colleagues and also invite them to future webinars
- Please complete the post webinar survey. We really value your feedback. This will come up as soon as you log out from this webinar.

Questions from the audience

Thank you!
Questions?

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