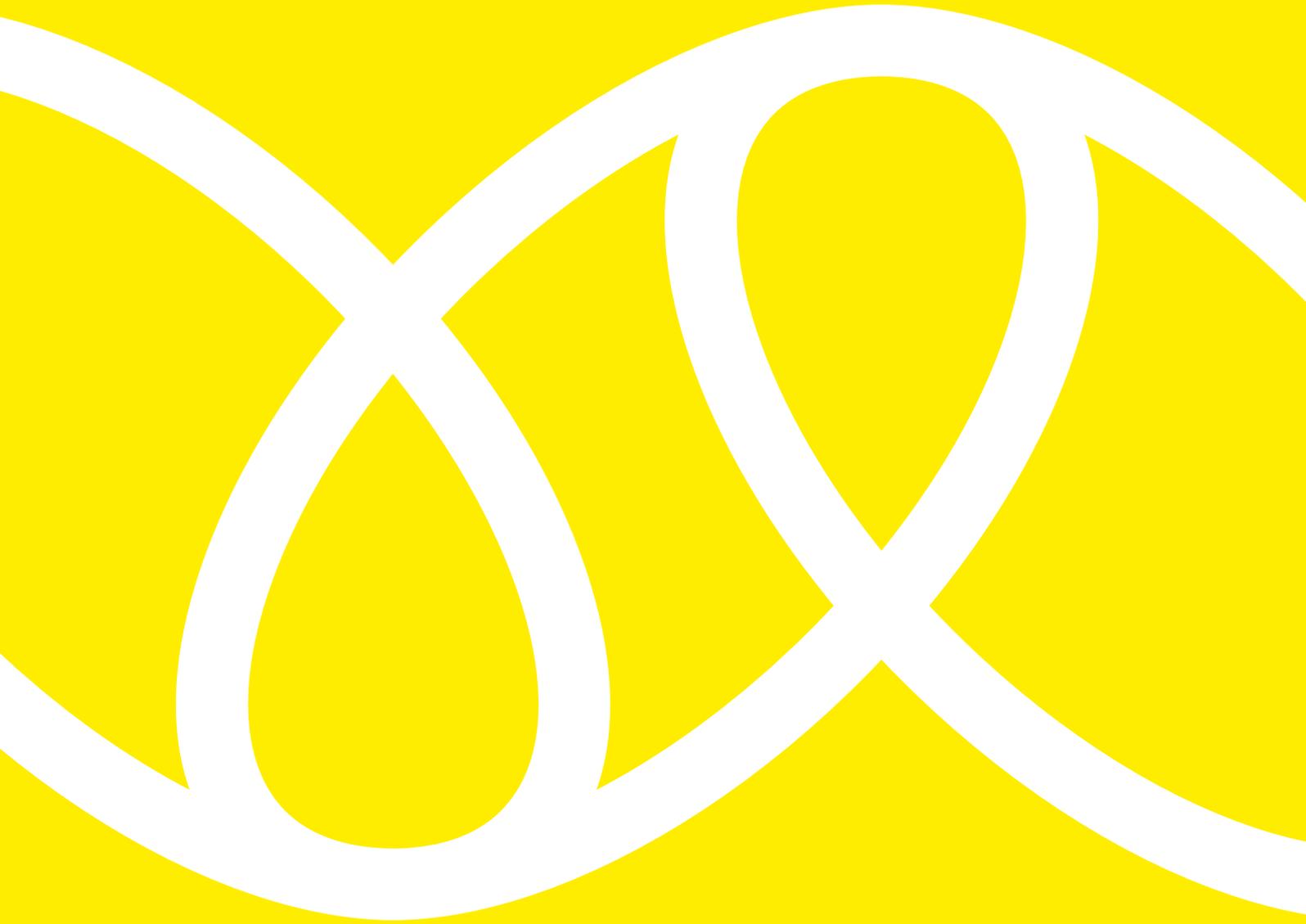


**Is your  
eyesight  
changing?**



**Vision Australia**

Blindness. Low Vision. Opportunity.



## Is your eyesight changing?

Finding out that you are losing vision can be a shock, both for you and your loved ones. Everyone reacts to vision loss in their own way. Coming to terms with your new situation might take time and raise many questions. You may feel uncertain about the best way forward and what the future holds.

But your quality of life can continue after vision loss. Having low vision doesn't mean you have to stop doing what you enjoy, it just means learning to do things differently.

Vision Australia is the leading national provider of vision loss support and services. You can turn to us for help with everything that's involved with adjusting to vision loss. This includes support to learn new skills and continue doing what you want.

Vision Australia helps thousands of people who are blind or have low vision to live the life they choose.



# When you are ready we'll be there for you

## How to start

The first step is to spend time with your local Vision Australia support person and together we can work out what mix of services are right for you. Your Vision Australia team will provide one-on-one support in a way that suits you. For example, you can work with us to:

- Understand your eye condition and how to make the most of your existing vision
- Connect with people who have gone through a similar experience for ideas and strategies
- Learn different ways to do daily tasks at home
- Get out and about confidently, including catching public transport
- Continue to read in handy formats such as audio books
- Enjoy entertainment including television and live performances

## Learn more

Learn more about your vision condition by visiting our website. Getting the right information is an important way for you and the people in your life to better understand your circumstances.

“The training and support I’ve accessed through Vision Australia has been about learning how to live independently again – do things for myself, get around and manage in my own home.

Getting in touch early meant that I could work out what I could do, and get out and do it sooner. I knew what was possible for me straight away and what I had to work on. I knew what to keep pushing towards to achieve my different goals. It’s given me my life back.

If I could say one thing to others going through vision loss it would be, ‘reach out – don’t be ashamed of what’s happened’. There are plenty of people out there just like you going through similar things. You deserve support.

Vision Australia can connect you to others and point you in the right direction for whatever training you want. You’ll get your confidence back.”

**Alison**, Vision Australia client

**Courtney and Alison,**  
Vision Australia team  
member and client



**Get in touch early  
and get the  
support you need.**

Call our helpline on **1300 84 74 66**

Vision Australia has 28 metro and regional centres around Australia. Call us or visit our website to find the one closest to you.

**Find out more**

visionaustralia.org  
info@visionaustralia.org

 VisionAustralia  
 @visionaustralia

Vision Australia acknowledges the support of state and commonwealth governments. For full acknowledgments see [www.visionaustralia.org/gvtfunding](http://www.visionaustralia.org/gvtfunding)

[visionaustralia.org](http://visionaustralia.org)



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