

Don't Let Vision Loss Stop You!

You Can Get Help at

www.VisionAware.org



Mother With Daughter



Eye Exam

Are you or a family member having difficulty seeing? Have you been diagnosed with an eye condition? Are you a professional seeking information to help someone with vision loss? If the answer is “yes” to any of these questions, VisionAware™ was created just for you. VisionAware is a free, easy-to-use website where you can find answers to your questions about eye conditions and about living with vision loss.

Follow these steps to find information on VisionAware.org to help deal with the anxiety and frustration that often come with losing vision.

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For independent living with vision loss

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Steps to Take to Get Help

Step I: If you're experiencing problems with your vision, seeing an eye care professional is a priority. Learn all you can about your eye condition. Use visionaware.org/GSyoureyecondition to learn more about the following:

- Age-related macular degeneration, cataracts, diabetic retinopathy, glaucoma.
- Low vision and legal blindness.
- The different types of eye care professionals.
- Eye examinations and eye health.

Step II: Find services for help with adjusting to vision loss including:

- A comprehensive directory of vision rehabilitation services and consumer organizations: visionaware.org/GSdirectory.
- Explanation of vision rehabilitation services that help with living independently and working with vision loss: visionaware.org/GSvisionrehabilitation.
- Articles on coping with vision loss including personal stories: visionaware.org/GSemotionalssupport.
- Information on support groups: visionaware.org/GSsupportgroups.

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Step III: Explore tools for living with vision loss.

- Find helpful products and information about technology at visionaware.org/GShelpfulproducts.

Step IV: Help your family and friends with understanding vision loss.

- Obtain information such as recognizing signs of vision and communication tips at visionaware.org/GSfamilyhelp.

Step V: Join our community at visionaware.org/GSgetinvolved.

- Check out our message boards, blogs, news, and social media.

More resources from the American Foundation for the Blind (AFB):

- Use our app, VisionConnect (visionaware.org/visionconnect), to connect to services and resources.
- Explore AFB Family of Websites:
 - AccessWorld® www.afb.org/AW
 - CareerConnect® www.afb.org/CC
 - FamilyConnect® www.familyconnect.org
- Or call the AFB Information Desk at 1-800-232-5463.

Find more tips at visionaware.org/gettingstarted

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