There are many services and supports available for people who are blind or vision impaired.

These services and supports can assess your needs to help you adjust to vision loss, and make the most of your vision. They work with you to learn new ways to carry out everyday tasks to make sure you can continue to be independent and participate in your chosen activities.

Services and supports are provided by specialist organisations as well as some optometrists and some ophthalmologists. You do not need a referral to access these services and supports (excluding ophthalmology).
How can services and supports help me?

Services and supports can help with:

- Reading, writing, using a computer or cooking. Many aids, equipment and technologies are available such as magnifiers, screen readers for computers, correct lighting, tactile markers for household appliances, accessible mobile phones and ‘apps’ (software applications) that can help with everyday tasks.

- Moving about your home, at work and in the community safely. Trained specialists can teach you to navigate areas you wish to travel in. This may include how to use a long cane or a dog guide.

- Participating in your favourite social, sport and cultural activities. Many services organise day activity programs or offer library services. Some organisations may also provide counselling services, local support groups and employment services.

When should I access these services and supports?

If you are blind or vision impaired, you can access services and supports at any time.

You should consider contacting them when your vision loss starts to impact on your daily life.

Different services and supports can be used as vision loss progresses.

Don’t forget to keep having regular reviews with your optometrist or ophthalmologist, even if you are engaged with one of these services or supports.
To find out the services and supports available in your local area, speak to your optometrist, ophthalmologist or GP.

To find a local optometrist visit www.optometry.org.au/victoria

To find a local ophthalmologist visit www.ranzco.edu

To find out more about eye health visit www.visioninitiative.org.au

Blind Citizens Australia: call (03) 9654 1400 or visit www.bca.org.au

Glaucoma Australia: call 1800 500 880 or visit www.glaucoma.org.au

Keratoconus Australia: call 0409 644 811 or visit www.keratoconus.org.au

Macular Disease Foundation Australia: call 1800 111 709 or visit www.mdfoundation.com.au

Retina Australia: call 1800 999 870 or visit www.retinaaustralia.com.au

Royal Institute for Deaf and Blind Children: call 1300 581 391 or visit www.ridbc.org.au

For more information

Low vision services in Victoria

Australian College of Optometry – low vision clinic:
call (03) 9349 7400 or visit www.aco.org.au

Guide Dogs Victoria: call 1800 804 805
or visit www.guidedogsvictoria.com.au

Vision Australia: call 1300 847 466 or visit www.visionaustralia.org

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