

Making a Move - vision self assessment tool

Participants name:

Date:

Changes in eyesight are often gradual and go unnoticed. Most people begin experiencing changes in eyesight after 40 years. These changes may affect your ability to correctly judge distances and see some objects. This questionnaire is designed to assess your vision and ensure your safety while participating in the *Making a Move* exercise program. **It does not replace an eye examination.** If you have any concerns about your vision please contact your local doctor, optometrist or ophthalmologist.

Further information can be found at the end of this questionnaire.

Falling

- 1) Have you fallen at least once in the past six months?

Yes

No

Unsure

Eyesight

- 2) Have you noticed a change in your vision in the last 12 months?

Yes

No

Unsure

- 3) Have you ever seen someone who specialises in eyes, for example, optometrist, ophthalmologist (specialist eye doctor) or eye clinic?

Yes

No

Unsure

- 4) If yes when was your last visit?

- a) Less than 6 months ago
- b) Between 6 months and 1 year
- c) More than 1 year but less than 2 years
- d) More than 2 years but less than 5 years
- e) 5 years or more
- f) Unsure

- 5) Do you have any of the following eye conditions?

- a) Age-Related Macular Degeneration
- b) cataract/removal of cataract
- c) glaucoma
- d) diabetic retinopathy
- e) refractive error
 - i. long-sighted
 - ii. short-sighted

f) other _____

6) Do you have difficulties carrying out your daily activities due to poor vision?

Yes

No

Unsure

7) If yes to the previous question, do you have difficulties with any of the following daily living activities due to your vision?

a) reading product labels, newspapers or books

b) watching television

c) going up or down stairs

d) recognising people

e) other _____

8) Do you wear glasses?

Yes

No

9) If yes to the above question, do you wear bifocal or multifocal glasses?

Yes

No

Unsure

10) Do you have difficulty with vision, even with glasses?

Yes

No

Unsure

Protection

11) When you go out in the sun do you usually wear a hat?

Yes

No

Unsure

12) And do you usually wear sunglasses?

Yes

No

Unsure

Following completion of this questionnaire it is recommended that you discuss the results with your program coordinator to decide if you may need to have an eye test prior to participating in the making a move program.

Regular eye tests are recommended. 75% of vision loss in Australia is preventable or treatable.

Where to go for more information

General Practitioner (GP)

A GP is a community-based medical doctor that provides primary care. GPs can identify and treat basic eye problems. If they are unable to treat your eye problem they will refer you to either an optometrist or ophthalmologist. GPs are registered with state medical boards and are usually members of the Royal Australian College of General Practitioners (RACGP). For more information visit www.racgp.org.au

Optometrist

Optometrists provide primary eye care. Optometrists conduct eye and vision tests to examine the health of the eye and can also prescribe and dispense both glasses and contact lenses. Many optometrists have completed additional study to be able to prescribe eye medications for specific conditions. All optometrists working in Australia are registered. Visit www.optometrists.asn.au to locate an optometrist near you.

Ophthalmologist

Ophthalmologists are medical doctors who have completed additional specialist training. Ophthalmologists specialise in diagnosing and treating eye disease as well as performing eye surgery. An optometrist or a GP will need to refer you to an ophthalmologist to ensure that you receive the Medicare rebate. For more information visit www.ranzco.edu

For more information on eye health visit www.visioninitiative.org.au