Eye health and vision care: who can help

Many health professionals can help manage eye problems. Don’t hesitate to talk to them if you have any concerns about your eyes.

Pharmacists

Pharmacists can give advice and information on eye health and vision care. This includes advice on medications, such as side effects, and how they may react with each other. They can also give information on over-the-counter medications and referral options for common eye problems such as seasonal allergies.

When buying medications, eye drops or reading glasses from your pharmacist, don’t forget to explain any eye problems you may have. They may recommend that you seek further advice from one of the professionals listed below.

General practitioners (GPs)

GPs can give information on eye health and vision care and carry out an immediate assessment. They can also prescribe treatment for many common eye problems.

Your GP can also assess if you should see an optometrist or ophthalmologist for further treatment.

Optometrists

Optometrists are eye health professionals. They are qualified to examine the eyes and to detect, diagnose and manage vision problems.

They can prescribe and fit glasses or contact lenses. They can advise you on and manage many aspects of your eye health.

They can also prescribe topical eye medications for problems such as allergies, infections or glaucoma.
Ophthalmologists

Ophthalmologists are medical doctors. They have completed specialist training in medicine and surgery of the eyes. They carry out eye tests, diagnose and treat all eye diseases and perform eye surgery.

You may see an ophthalmologist in a local private practice, a hospital eye clinic or in a public health clinic.

A referral is required to obtain the Medicare rebate. Your GP or optometrist can assist with referrals. They will also ensure that urgent eye conditions are seen as soon as possible.

Services for people who are blind or vision impaired

Many supports and services are available for people who are blind or vision impaired. They can assess your needs and work with you to learn new ways to carry out everyday tasks. This is to make sure you can continue to be independent and take part in your chosen activities.

Some organisations may also provide counselling services, local support groups and employment services.

You don’t need a referral to access these services.

To find out more on the services available in your local area, speak to your optometrist, ophthalmologist or GP.

For more information

Visit [www.visioninitiative.org.au](http://www.visioninitiative.org.au)

To find a local optometrist visit [www.optometry.org.au/victoria](http://www.optometry.org.au/victoria)

To find a local ophthalmologist visit [www.ranzco.edu](http://www.ranzco.edu)

Save Your Sight - Get Tested
Information and support services

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

Blind Citizens Australia: call 1800 033 066 or visit www.bca.org.au

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

Guide Dogs Victoria: call (03) 9854 4444 or visit www.guidedogsvictoria.com.au

Keratoconus Australia: call 0409 644 811 or visit www.keratoconus.asn.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 (02) 9871 1233 or visit www.ridbc.org.au

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

معلومات و خدمات كمكي

- Australian College of Optometry
  کمزرئی چی، تماس 9349 7400 (03) يا سایت اینترنتی
  www.aco.org.au

Blind Citizens Australia
  تماس 1800 033 066 يا سایت اینترنتی
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