

为失明或有视觉障碍人士提供的服务

为失明或有视觉障碍人士提供的服务和帮助有很多。

这些服务能够评估您的需要，帮助您适应视力丧失，并能最大程度利用您现有的视力。他们会与您一起来学习新的方法进行日常活动，从而确保您能继续保持独立并参与您选择的活动中。

有关专科组织以及一些验光师和眼科医生会提供这些服务。

您不需要转诊信来享受这些服务（眼科除外）。

这些帮助服务如何能够帮助我？

帮助服务能够帮助您：

- 阅读、书写、使用电脑或做饭。现在很多辅助功能、器材和科技能够帮助您进行日常活动，比如放大镜、电脑屏幕阅读器、矫正照明、家用电器的触觉标志、无障碍手机以及“应用程序”（软件应用）。
- 在家中，工作场所以及社区安全地行动。经过培训的专家能教您如何导航至您想去的区域。这有可能包括如何使用盲人手杖或导盲犬。
- 参加您最喜欢的社会，体育和文化活动。很多服务都会组织全天活动或提供图书馆服务。

有些组织可能还会提供心理咨询服务，社区支持团体以及求职服务。

Services for people who are blind or vision impaired

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

These services 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 are provided by specialist organisations as well as some optometrists and some ophthalmologists.

You do not need a referral to access these services (excluding ophthalmology).

How can support services help me?

Support services 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.

我应该何时联系这些服务？

如果您是失明或有视觉障碍，您可以随时享受这些服务。

如果您的视力丧失开始影响到您的日常生活，那么您应该考虑与他们取得联系。

不同的视力丧失状况会接受不同的服务。

即便您已经开始接受帮助服务，也请不要忘记继续定期去看您的验光师或眼科医生。

获得更多信息

若想了解您所在地区提供哪些服务，请与您的验光师，眼科医生或者家庭医生谈一谈。

若想找一位当地的验光师，请登陆网站查询 www.optometry.org.au/victoria

若想找一位当地的眼科医生，请登陆网站查询 www.ranzco.edu

若想了解关于眼睛健康的更多信息，请登陆网站查询 www.visioninitiative.org.au

维多利亚州低视能服务

澳大利亚视光学院 - 低视能诊所: 拨打电话 1800 033 066 或者登陆网站查询 www.aco.org.au

维多利亚导盲犬协会: 拨打电话(03) 9854 4444 或者登陆网站查询 www.guidedogsvictoria.com.au

澳大利亚视障协会: 拨打电话1300 847 466 或者登陆网站查询 www.visionaustralia.org

信息与支持服务

澳大利亚盲人公民协会: 拨打电话 1800 033 066 或者登陆网站查询 www.bca.org.au

澳大利亚青光眼协会: 拨打电话 1800 500 880 或者登陆网站查询 www.glaucoma.org.au

澳大利亚圆锥形角膜协会: 拨打电话 0409 644 811 或者登陆网站查询 www.keratoconus.asn.au

澳大利亚老年性黄斑病变基金会: 拨打电话 1800 111 709 或者登陆网站查询 www.mdffoundation.com.au

澳大利亚视网膜协会: 拨打电话 1800 999 870 或者登陆网站查询 www.retinaaustralia.com.au

皇家视听障碍儿童协会: 拨打电话 (02) 9871 1233 或者登陆网站查询 www.ridbc.org.au

When should I access these support services?

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

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

Different services 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 a support service.

For more information

To find out the services 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

Low vision services in Victoria

Australian College of Optometry - low vision clinic: call 1800 033 066 or visit www.aco.org.au

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

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

Information and support services

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

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

Macular Disease Foundation Australia: call 1800 111 709 or visit www.mdffoundation.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



A partnership promoting eye health and vision care