

為失明或視障人士提供的服務

有許多支持和服務是為失明或視障人士提供的。

這些服務可以評估你的需要，幫助你適應視力喪失，充分利用自己的視力。他們與你協作，幫助你學會開展日常任務的新方法，確保你繼續保持獨立，參加自己選擇的活動。

服務由專業機構以及部份驗光師和部份眼科醫師提供。這些服務不需要推薦（眼科服務除外）。

支持服務可以為我提供怎樣的幫助？

支持服務可以提供以下幫助：

- 讀寫，使用電腦或做飯。許多輔助用具、設備和技術可以幫助開展日常任務，如放大鏡、電腦屏幕閱讀器、適當照明、家用電器的觸摸標志、方便使用的手機和‘應用’（應用軟件）。
- 在家裡、工作場所和社區中安全行走。訓練有素的專家可以教你如何在自己希望去的區域行走。這可能包括使用長手杖或導盲犬。
- 參加自己喜歡的社交、體育和文化活動。許多服務機構組織日間活動項目或提供圖書館服務。

有些機構還可能提供輔導服務、本地支持小組和就業服務。

我什麼時候應該使用這些支持服務？

如果你失明或視障，可以隨時使用支持服務。

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.

When should I access these support services?

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

在你的視力喪失開始影響日常生活時，你就應該考慮與服務機構聯絡。

隨著視力喪失的惡化，你可以使用不同的服務。

即使你使用支持服務，也不要忘記找驗光師或眼科醫生經常複查。

詳情

若要瞭解本地地區提供的服務，請找驗光師、眼科醫生或GP。

若要尋找本地的驗光師，請瀏覽

www.optometry.org.au/victoria

若要尋找本地的眼科醫師，請瀏覽www.ranzco.edu

若要瞭解眼睛健康的更多情況，請瀏覽

www.visioninitiative.org.au

維多利亞州的低視力服務

澳洲視光學協會(Australian College of Optometry) -

低視力診所：請致電1800 033 066或瀏覽

www.aco.org.au

維多利亞州導盲犬協會 (Guide Dogs Victoria)：

請致電(03) 9854 4444或瀏覽

www.guidedogsvictoria.com.au

澳洲視力協會(Vision Australia)：請致電

1300 847 466或瀏覽www.visionaustralia.org

資訊和支持服務

澳洲失明公民協會 (Blind Citizens Australia)：

請致電1800 033 066或瀏覽 www.bca.org.au

澳洲青光眼協會 (Glaucoma Australia)：請致電

1800 500 880或瀏覽www.glaucoma.org.au

澳洲圓錐形角膜病協會(Keratoconus Australia)：

請致電0409 644 811或瀏覽www.keratoconus.asn.au

澳洲黃斑疾病基金會 (Macular Disease Foundation

Australia)：請致電1800 111 709或瀏覽

www.mdffoundation.com.au

澳洲視網膜協會 (Retina Australia)：請致電

1800 999 870 或瀏覽www.retinaaustralia.com.au

皇家失聰和失明兒童協會 (Royal Institute for Deaf and Blind Children)：請致電

(02) 9871 1233或瀏覽<http://www.ridbc.org.au>

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