

## 眼睛健康與視力保護：誰可以提供幫助

許多醫務人員都可以幫助控制眼科問題。如果你對自己的眼睛感到擔憂，請儘管找他們談談。

### 藥劑師

藥劑師可以提供眼睛健康和視力保護的建議和資訊，包括有關藥物（如副作用）以及藥物相互作用的建議。他們還可以提供有關櫃檯藥物的資訊，並且介紹季節性過敏等常見眼科問題的推薦選擇。

向藥劑師購買藥物、眼藥水或閱讀眼鏡時，不要忘記說明你可能有的眼科問題。他們可能會推薦你去找下列專業人士之一獲得進一步的建議。

### 全科醫生 (GP)

GP可以提供眼睛健康和視力保護資訊，並且立即做出評估。他們還可以提供治療許多常見眼科問題的處方。

GP還可以評估你是否應該看驗光師或眼科醫生獲得進一步的治療。

### 驗光師

驗光師屬於眼科醫務人員。他們有資格檢查眼睛並且發現、診斷和控制視力問題。

他們可以開處方配置眼鏡或隱形眼鏡，為你提供有關眼睛健康許多方面的建議和控制。

## 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.

他們還可以針對過敏、感染或青光眼之類的問題開外用眼藥處方。

看驗光師不需要轉介信。

必要時，驗光師可以將你轉介給眼科醫師做進一步的檢查、治療或手術。

## 眼科醫生

眼科醫生是完成了眼科醫學和外科專業培訓的醫生。他們開展眼科檢查，診斷和治療所有眼科疾病，並且做眼科手術。

你可以在當地私人診所、醫院眼科診所或公共健康診所看眼科醫生。

你需要有轉介信才能獲得Medicare退款。你的GP或驗光配鏡師可以幫你轉介。他們還將確保緊急眼科疾病的患者儘快看到醫生。

## 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。他們可以評估你的需要，與你協作，幫助你學會開展日常任務的新方法。這是為了確保你能繼續保持獨立，參加自己選擇的活動。

有些機構還可能提供輔導服務、本地支持小組和就業服務。

使用這些服務不需要轉介。

若要瞭解本地地區提供的服務詳情，請向驗光師、眼科醫生或GP諮詢。

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

You don't need a referral to see an optometrist.

If required, the optometrist will refer you to an ophthalmologist for further tests, treatment or surgery.

## 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.

## 詳情

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

若要尋找本地的驗光師，請瀏覽  
[www.optometry.org.au/victoria](http://www.optometry.org.au/victoria)

若要尋找本地的眼科醫師，請瀏覽  
[www.ranzco.edu](http://www.ranzco.edu)

保護視力 – 接受檢查

## 資訊和支持服務

澳洲視光學協會(Australian College of Optometry)  
- 低視力診所：請致電  
(03) 9349 7400或瀏覽 [www.aco.org.au](http://www.aco.org.au)

澳洲失明公民協會 (Blind Citizens Australia) :  
請致電1800 033 066或瀏覽 [www.bca.org.au](http://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](http://www.glaucoma.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](http://www.guidedogsvictoria.com.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](http://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.mdfoundation.com.au](http://www.mdfoundation.com.au)

澳洲視網膜協會 (Retina Australia) :  
請致電1800 999 870 或瀏覽  
[www.retinaaustralia.com.au](http://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[www.ridbc.org.au](http://www.ridbc.org.au)

澳洲視力協會(Vision Australia) : 請致電  
1300 847 466或瀏覽[www.visionaustralia.org](http://www.visionaustralia.org)

## 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](http://www.aco.org.au)

Blind Citizens Australia: call 1800 033 066 or visit  
[www.bca.org.au](http://www.bca.org.au)

Glaucoma Australia: call 1800 500 880 or visit  
[www.glaucoma.org.au](http://www.glaucoma.org.au)

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

Keratoconus Australia: call 0409 644 811 or visit  
[www.keratoconus.asn.au](http://www.keratoconus.asn.au)

Macular Disease Foundation Australia: call 1800  
111 709 or visit [www.mdfoundation.com.au](http://www.mdfoundation.com.au)

Retina Australia: call 1800 999 870 or visit  
[www.retinaaustralia.com.au](http://www.retinaaustralia.com.au)

Royal Institute for Deaf and Blind Children: call  
(02) 9871 1233 or visit [www.ridbc.org.au](http://www.ridbc.org.au)

Vision Australia: call 1300 847 466 or visit  
[www.visionaustralia.org](http://www.visionaustralia.org)