

## 眼部健康和视力护理：谁能提供帮助

很多健康专业人员能够帮助管理眼部问题。如果您对您的眼部问题有疑问，请随时与他们联系。

### 药剂师

药剂师能在眼部健康和视力护理方面提供建议和信息。这些包括药物上的建议，比如副作用以及药物之间的相互作用。他们还能向您提供关于非处方药物的信息，以及对一些常见眼部问题，比如季节性过敏的药物选择。

在从药房购买药物，眼药水或老花镜时，请勿忘记向药剂师解释您可能有的眼部问题。他们可能会建议您从以下专业人员处获得更进一步建议。

### 家庭医生(GPs)

GP可以对眼部健康和视力护理提供相关信息，并且及时做出检查。他们还能对很多常见的眼部问题进行处方治疗。

您的GP还会评估您是否应该去看验光师或眼科医生做进一步治疗。

### 验光师

验光师是眼部健康专业人员。他们有专业资格对眼睛进行检查，发现、诊断和管理视力问题。

他们能测量眼镜或隐形眼镜度数以及配镜。他们还能在管理眼部健康的多个方面提供建议。

他们还能对诸如过敏，感染或青光眼这样的问题开具外用眼药的处方。

## 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.

看验光师不需要转诊信。

如果有必要，验光师会将您转诊给眼科医生做进一步检查，治疗或手术。

## 眼科医生

眼科医生是医学医生。他们在眼部医药和手术方面接受过完整的培训。他们会做眼部检查、诊断，治疗所有眼部疾病以及操作眼科手术。

您可能会在当地的私人诊所，医院眼科或公立健康诊所内看眼科医生。

如需Medicare报销，那么您需要一封转诊信。他们也会确保对紧急的眼部状况尽快处理。

## 为失明或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，并且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。

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。

您不需要转诊信来享受这些服务。

若想了解更多您所在地区提供的服务，请与您的验光师，眼科医生或者家庭医生谈一谈。

## 获得更多信息

请登陆网站[www.visioninitiative.org.au](http://www.visioninitiative.org.au)

若想找一位当地的验光师，请登陆网站查询[www.optometry.org.au/victoria](http://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](http://www.ranzco.edu)

**拯救您的视力—接受眼科检查**

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.

## 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**

## 信息与支持服务

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

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](http://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](http://www.glaucoma.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](http://www.guidedogsvictoria.com.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](http://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.mdfoundation.com.au](http://www.mdfoundation.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](http://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](http://www.ridbc.org.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](http://www.visionaustralia.org)

## 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)