

Enjoy Good Sight for Life!



Vision Problems are Growing

Half of all blindness can be prevented, but the number of Ohioans who suffer vision loss continues to increase. Because of the growth in the aging population, there will be more than 2.5 million Ohioans affected by vision-robbing conditions by the year 2030. The primary causes are diabetic retinopathy, cataract, glaucoma and age-related macular degeneration (AMD).

Protect Your Sight

There are several steps you can take to make sure your vision remains healthy for as long as possible:

- Exercise
- Do not smoke
- Wear sunglasses
- Have an eye exam performed by an eye care professional on a regular basis
- Eat a healthy diet as recommended by your doctor

Many eye diseases, including those associated with diabetes, do not exhibit any initial symptoms before permanent vision loss can occur. An eye exam with pupil dilation is the best defense against undetected eye disease.

Professional Eye Care

Contact the following organizations to find an eye care professional:

- **Ohio Ophthalmological Society**
1-614-527-6799 or www.ohioeye.org
- **Ohio Optometric Association**
1-614-781-0708 or 1-800-874-9111
www.ooa.org

Reduced Cost Eye Exams and Glasses

Contact the following organizations to see if you qualify for free or reduced cost eye exams, glasses or surgical care:

- **Prevent Blindness**
1-800-301-2020 or www.pbOhio.org
- **EyeCare America**
1-877-887-6327 or www.eyecareamerica.org
- **Ohio Lions Club**
Lions Clubs may be able to provide you with free or reduced cost eye care, eyeglasses and/or low vision aids.
1-614-539-5060 or www.ohiolions.org



Ohio Vision Resources and Services Guide



Helping Ohioans Enjoy Good Sight



Ohio's Aging Eye Public Private Partnership (AEPPP)

The AEPPP is a statewide collaborative effort formed

to respond to the growth of aging eye challenges in Ohio. Supported by the Ohio Department of Aging, the AEPPP works to develop a strategic plan of action to address issues relating to vision care policy, vision care services, vision education and vision research that impact the quality of life for Ohio's seniors now and in the future.

Low Vision Assistance

The agencies below provide vision assistance related to employment, disability determination, and independent living:

- **Cincinnati Association for the Blind** (Serving Cincinnati/Dayton) **1-513-221-8558** or **www.cincyblind.org**
- **Clovernook**
1-513-522-3860 or **www.clovernook.org**
- **Cleveland Sight Center** (Serving Cleveland)
1-216-791-8118 or **www.clevelandsightcenter.org**
- **The Ohio State University Low Vision Clinic** (Serving Columbus) **1-614-292-2020** or **www.greatvision.osu.edu**
- **The Sight Center of Northwest Ohio** (Serving Toledo) **1-419-720-3937** or **www.sightcentertoledo.org**
- **Opportunities for Ohioans with Disabilities**
Bureau of Services for the Visually Impaired
1-800-282-4536 or **www.ood.ohio.gov**
- **Veterans Administration**
Visual Impairment Service Team
1-216-791-3800 ext. 2108 (statewide) or **www.visn10.va.gov**

Prescription Drug Discounts - Contact the following organizations to see if you qualify for reduced cost or free prescriptions:

- **Ohio's Best Rx**
1-866-923-7879 or **www.ohiobestrx.org**
- **Medicine Assistance Tool.org**
www.MAT.org

Eye Care Education

- **National Eye Institute**
1-301-496-5248 or **www.nei.nih.gov**
- **Prevent Blindness** provides eye health and safety educational materials, curriculums, vision screenings and vision screening training.
1-800-301-2020 or **www.pbOhio.org**
www.WiseAboutEyes.org



Ohio Department of Aging helps older Ohioans live healthy, active lives. They offer Chronic Disease Management Workshops, the Golden Buckeye Card, Nutrition Services, Lifelong Learning and Volunteer Opportunities, and more.

The department also administers programs that support older adults' care needs in a range of settings. Programs include PASSPORT and Assisted Living Medicaid Waivers, Caregiver Support, and the Office of the State Long-term Care Ombudsman.

For information and resources, contact your area agency on aging: **1-866-243-5678**
www.aging.ohio.gov

- **Ohio Department of Health**
614-466-3543 or **www.odh.ohio.gov**
- **Ohio Ophthalmological Society**
1-614-527-6799 or **www.ohioeye.org**
- **Ohio Optometric Association**
1-800-874-9111 or **www.ooa.org**

Other Helpful Resources

- **American Council of the Blind**
1-614-221-261-3561 or **1-800-835-2226**
www.acbohio.org
- **Cleveland Library for the Blind and Physically Handicapped** (statewide services)
1-800-362-1262 or **www.olbpd.cpl.org**
- **Health Services Advisory Group, Inc. Ohio's Medicare Quality Improvement Organization**
1-614-221-2080 or **www.hsag.com**
- **National Federation for the Blind (NFB-NEWSLINE)** - Telephone reading service for people who are visually impaired.
1-866-504-7300 or **www.nfb.org**
- **Ohio Department of Medicaid**
1-800-324-8680 or **www.medicaid.ohio.gov**
- **Ohio Department of Veterans Services**
1-888-387-6446 or **www.dvs.ohio.gov**
- **Ohio Senior Health Insurance Information Program (OSHIIP)**
1-800-686-1578 or **www.insurance.ohio.gov**
- **Ohio's Long Term Care Ombudsman**
1-800-282-1206 or **www.ombudsman.ohio.gov**
- **U. S. Centers for Medicare & Medicaid Services**
1-800-633-4227 or **www.cms.gov**
- **U. S. Department of Veterans Affairs**
1-800-827-1000 or **www.va.gov**
- **U. S. Social Security Administration**
1-800-772-1213 or **www.ssa.gov**
- **VOICEcorps Reading Service** (Central Ohio)
1-614-274-7650 or **www.VOICEcorps.org**