

## **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

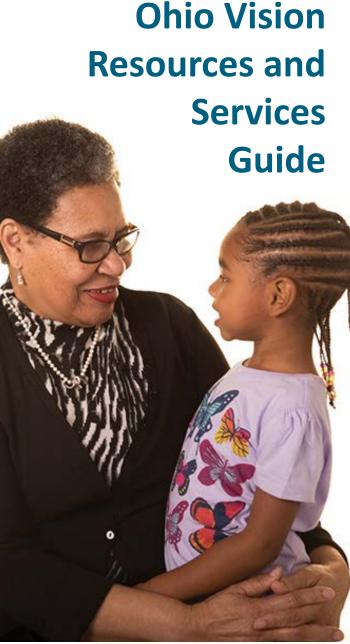
#### **Reduced Cost Eye Exams and Glasses**

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

- Prevent Blindness1-800-301-2020 or www.pbohio.org
- EyeCare America1-877-887-6327 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





Helping Ohioans Enjoy Good Sight



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
- Clovernook1-513-522-3860 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 Assitance 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
   1-614-221-261-3561or 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