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 614-527-6799 or www.ohioeye.org
- Ohio Optometric Association 614-781-0708 or 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 Ohio
 800-301-2020 or yuuuu phoh
- 800-301-2020 or www.pbohio.org
- EyeCare America
 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.

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 & Visually Impaired 513-221-8558 or www.cincyblind.org
- Clovernook Center for the Blind & Visually Impaired 513-522-3860 or www.clovernook.org
- Cleveland Sight Center
 216-791-8118 or
 www.clevelandsightcenter.org
- The Ohio State University Low Vision Rehabilitation Service 614-292-2020 or www.greatvision.osu.edu
- The Sight Center of Northwest Ohio 419-720-3937 or 800-624-8378 www.sightcentertoledo.org
- Opportunities for Ohioans with Disabilities Bureau of Services for the Visually Impaired 800-282-4536 or www.ood.ohio.gov
- Veterans Administration
 Visual Impairment Service Team
 800-698-2411 (statewide) or
 www.visn10.va.gov

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

- RxResource www.RxResource.org
- Medicine Assitance Tool.org www.MAT.org

Eye Care Education

- National Eye Institute
 800-680-2578 or www.nei.nih.gov
- Prevent Blindness Ohio provides eye health and safety educational materials, curriculums, vision screenings and vision screening training.
 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 614-527-6799 or www.ohioeye.org
 Ohio Optometric Association 614-781-0708 or www.ooa.org

Other Helpful Resources

- American Council of the Blind 614-261-3561or 800-835-2226 www.acbohio.org
- Cleveland Library for the Blind and Physically Handicapped (statewide services)
 800-362-1262 or www.olbpd.cpl.org
- National Federation of the Blind (NFB-NEWSLINE) - Telephone reading service for people who are visually impaired.
 866-504-7300 or www.nfbohio.org
- Ohio Department of Medicaid
 800-324-8680 or www.medicaid.ohio.gov
- Ohio Department of Veterans Services 888-387-6446 or www.dvs.ohio.gov
- Ohio Senior Health Insurance Information Program (OSHIIP)
- 800-686-1578 or www.insurance.ohio.gov
- Ohio's Long Term Care Ombudsman 800-266-4346 or

www.ombudsman.ohio.gov

- U. S. Centers for Medicare & Medicaid Services 800-633-4227 or www.cms.gov
- U. S. Department of Veterans Affairs 800-827-1000 or www.va.gov
- U. S. Social Security Administration 800-772-1213 or www.ssa.gov
- VOICEcorps Reading Service (Central Ohio) 614-274-7650 or www.VOICEcorps.org

Prevent Blindness Ohio would like to thank Dr. Marjorie Ward for her volunteer assistance with the information in this document.