

Lesson one: Vision and different vision problems

- Near vision is the ability to see things up close.
- Distance vision is the ability to see things that are further away.
- Avoidable vision problems can be prevented, improved or corrected with treatment and/or assistive products.
- Avoidable vision problems are commonly caused by eye health problems or refractive error.
- Refractive error is a problem with the shape of the eye. This can result in:
 - **Myopia:** people have difficulty seeing distant objects clearly
 - **Hyperopia:**
 - Young people with mild to moderate hyperopia find it hard to see close objects
 - Young people with severe hyperopia have difficulty seeing both close and distant objects clearly
 - Adults with hyperopia have difficulty seeing objects in the distance and up close.
 - **Astigmatism:** people have difficulty seeing both close and distant objects clearly
 - **Presbyopia:** people over the age of 40 have difficulty seeing close objects clearly.
- Unavoidable vision problems cannot be corrected with treatment. These include low vision and blindness. Some assistive products can help people with unavoidable vision problems to do the things they want to do.

Lesson two: Vision assistive products

- Vision assistive products include:
 - Products that correct or improve vision (eg: reading glasses, prescription glasses, magnifiers, telescopes)
 - Products that help a person with low vision or blindness to use their hearing or touch to carry out tasks (eg: braille slate and stylus, audio players, talking watches)
 - Products that help a person with low vision or blindness to move about (eg: white canes).
- People may use more than one type of vision assistive product, depending on their needs and the activities they want to do.
- Some vision assistive products are included in TAP, and some are not (such as prescription glasses), as they require specialised skills and equipment to provide.

Lesson three: How to carry out a simple vision screen

- The TAP vision screen is not a full vision assessment. It is a screen to find out whether a person has an eye health problem or difficulty seeing, and whether they:
 - Should be referred to an eye care professional or doctor
 - Should be referred for prescription glasses
 - Could benefit from vision assistive products included in TAP.
- The TAP vision screen form guides the screen, and includes:
 - Simple eye health check – to help identify signs of an unhealthy eye
 - Simple distance and near vision tests – to help identify possible problems seeing

Actions to take depending on the results from a simple vision screen:

<p>Refer to an eye care professional for further assessment any person who:</p>	<ul style="list-style-type: none"> • Has signs of an unhealthy eye, eye pain or discomfort • Has diabetes • Has eye pain or discomfort • Cannot see the small Es on the distance vision test (but can see either the Medium Es or Large E) and has not seen an eye care professional recently. • Cannot see the Es on the near vision test and is younger than 35 years.
<p>Assess for reading glasses any person who:</p>	<ul style="list-style-type: none"> • Cannot see the Es on the near vision test, whose distance vision is normal, and is older than 40.
<p>Assess for other low vision assistive products any person who:</p>	<ul style="list-style-type: none"> • Cannot see the large E on the distance vision test and has been recently assessed by an eye care professional • Cannot see the Es on the near vision test, and reading glasses do not help, and has been recently assessed by an eye care professional.