



### Lesson one: Vision and vision problems

- Distance vision is the ability to see things from a distance.
- Near vision is the ability to see objects close up.
- Vision problems can be prevented, improved or corrected with treatment and/or assistive products.
- 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:
  - **Distance vision problems** (myopia or short-sighted): people have difficulty seeing distant objects clearly.
  - **Near vision problems** (hyperopia or long-sighted): people have difficulty seeing objects up close.
  - **Near vision problems in older adults** (presbyopia): people over the age of 40 years have difficulty seeing objects that are up close.
  - **Astigmatism**: people have difficulty seeing both close and distant objects clearly.
- Some vision problems cannot be corrected with treatment. These include low vision and blindness. Some assistive products can help people to do the things they want to do.

### Lesson two: Vision assistive products

- Vision assistive products include:
  - Products that correct or improve vision. For example, near vision spectacles, prescription spectacles, magnifiers, telescopes).
  - Products that assist a person with low vision or blindness to use their hearing or touch to carry out tasks. For example, braille slate and stylus, audio players, talking watches.
  - Products that assist a person with low vision or blindness to move about. For example, 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 spectacles), as they require specialized 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 health professional or doctor
  - Should be referred for prescription spectacles
  - Could benefit from vision assistive products included in TAP.
- The TAP vision screen form guides the screen, and includes:
  - Simple eye health check (for people 8 years and older) – to help identify signs of an unhealthy eye.
  - Simple distance vision test (for people 8 years and older) and near vision test (for people 40 years and older) – to help identify possible problems seeing.

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

Possible action	Information
Refer for assessment of an eye health problem	Vision assistive products should not be provided if the person has an eye health problem that has not been assessed and treated.

<p>Refer to an eye health professional for a more detailed eye examination</p>	<ul style="list-style-type: none"> <li>• An eye exam is necessary to carefully check the person's eye health and vision and is needed to provide prescription spectacles.</li> <li>• Any person with low vision should also have a full eye exam before being prescribed vision assistive products, as their condition may be treatable.</li> <li>• Refer people for an eye exam who have not already recently had an eye exam and cannot see E's on the simple distance vision test. These people may need prescription spectacles, other eye health services, or low vision assistive products.</li> </ul>
<p>Offer to explore whether vision assistive products may assist</p>	<ul style="list-style-type: none"> <li>• Near vision spectacles: People who may benefit from near vision spectacles are those who: <ul style="list-style-type: none"> <li>◦ Have passed the simple distance vision test</li> <li>◦ Cannot see 3 or more E's on the simple near vision test</li> <li>◦ Are over 40 years of age.</li> </ul> </li> <li>• Low vision assistive products: People who may benefit from low vision assistive products are those who have some vision, however, cannot see E's during the simple distance vision test.</li> </ul>