

# Keep Your Sight

## Get your eyes checked

Contact

Phone

Email

### Who can assist you?

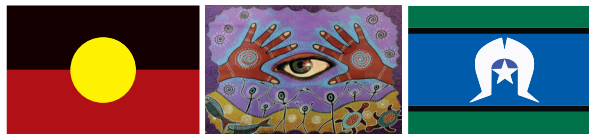
- Aboriginal Community Controlled Health Service
- Aboriginal Health Worker
- Optometrist
- Diabetes worker
- Doctor

### You are eligible for:

- low-cost, subsidised glasses if needed
- a Medicare rebate for most optometry services.

### Just ask!

For more information visit  
[www.vaccho.org.au/wd/eh](http://www.vaccho.org.au/wd/eh)



Artwork: Lyn Briggs 1998



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# Blurry vision?

Refractive error



## What is blurry vision?

### (Refractive error)

Your vision may change over time. You may not notice a problem until you have your eyes checked.

There are different types of blurry vision. For example:

#### **Short-sighted** (Myopia)

This is when you see:

- clear up close
- blurry in the distance.

#### **Long-sighted** (Hyperopia)

This is when you see:

- clear in the distance
- blurry up close (this may happen as you get older).

It's a common eye problem that occurs when the eye cannot clearly focus on an object or image.

Untreated blurry vision, (refractive error) is the most common cause of vision problems in Australia.

## What are the symptoms

- Blurred vision when
  - looking into the distance
  - looking up close
  - looking all of the time.
- Eye strain, tiredness, headaches or reduced concentration

**Blurry vision can be easily sorted out with glasses or contact lenses.**



This image shows how untreated refractive error may affect your vision.

## Who is at risk?

- Blurry vision can affect all our community.
- If other family members wear glasses, you may need an eye check.
- Blurry vision can change over time.
- Needing glasses is more common as we get older.
- People over 40 years old who may have problems reading.

## Getting it sorted

Have regular eye checks with an eye health professional (optometrist).

- Eye health professionals will usually prescribe glasses or contact lenses to correct and improve your vision.

**Yarn with your Aboriginal Community Controlled Health Service to arrange an eye check.**