

# Live the life you choose



**Vision Australia**

Blindness. Low Vision. Opportunity.



# **We all want to make the most of life. What that means is unique for everyone.**

Each of us has our own goals and aspirations, and distinct challenges to overcome along the way.

Blindness, low vision and vision loss are challenges faced by many thousands of Australians. They can affect any one of us at any time in our life – from birth to old age.

Whatever your level of vision, your experience is entirely your own and so are your needs.

Vision Australia is the leading national provider of specialist vision loss services. Our focus is to get to know you and what you want. We can then work together to develop the mix of services and support you need to meet your goals.

Your relationship with Vision Australia means you'll have access to specialist knowledge, services and support as your needs and goals change over time.

From the milestones to the small moments, you can turn to us for the tools, experience and services that help you take charge, and stay in charge, of your life.

Aston,  
Vision Australia client



## **Working together**

Together we can develop your individual plan so you can live your life the way you want to. Your dedicated support person will help you make it happen. They'll get to know you, and tailor support and services to suit your needs.

## **Emotional support when you need it**

At every stage, there are support options for you and your family to help you stay healthy and positive. This support can help all involved acknowledge, understand and deal with emotions associated with living with vision loss. It can also introduce you to strategies and options to help you feel confident and thrive.

## **Access to funding**

You can access different funding options for Vision Australia support. These may include Medicare, the National Disability Insurance Scheme (NDIS) and My Aged Care. We can help you understand what options are available to you and guide you through the process.

# Childhood

Finding out your child has vision loss can turn your world upside down. You may have all sorts of questions. What does the future hold for them? How will they manage at school? Will they make friends and participate in sport?

Much of what we learn in life is through watching. So children with vision loss need to gather information about their world in different ways, and parents are their first and favourite teacher.

Vision Australia is here to help you become the expert on your child's situation, until they are ready to be the experts themselves. You'll get the support you need to be confident in the choices you make with them and proven approaches to help them reach their full potential.

**Vision Australia provides support to over 2,200 children nationally.**

## Your child's early years

Early learning and development lay critical foundations for your child to grow into a confident, independent and healthy adult. You and your family can access our specialist support so your child masters important life skills, including:

- Participating in daily routines such as mealtime and family outings
- Playing, moving and exploring
- Learning and improving literacy skills through our specialised children's library
- Listening and joining in conversations
- Social skills such as sharing and joining in with games and sports

You and your child can access this kind of support at home, your local office or wherever you most feel comfortable.



## Getting your child ready for school

Your child can enjoy a smooth and successful start to school. Together we can:

- Work with teachers and other important people in their lives so they understand your child's vision and needs, and how to tailor activities to be inclusive
- Teach your child everyday life skills so they're ready to learn in a new environment
- Help your child understand what to expect, how to join in and give them skills to find their way around
- Source the right equipment for your child to learn and teach them how to use it



## **Your child's school years**

Children develop academically, socially and emotionally during their school years. We will support you and your family so your child continues to thrive throughout this time.

This ranges from advice and support about lighting and desk setup to different formats for educational materials and the right technology to enable reading, writing and other tasks. It also includes support for your child's participation and inclusion in sporting activities, forming friendships and talking about their vision.

As your child heads towards their senior school years, Vision Australia will be there to support decisions about things like subject selection, career aspirations and extra-curricular activities as well as to help build their confidence so they can advocate for themselves.

**In the last 12 months  
Vision Australia has spent  
more than 33,000 hours  
supporting families to  
meet their goals.**

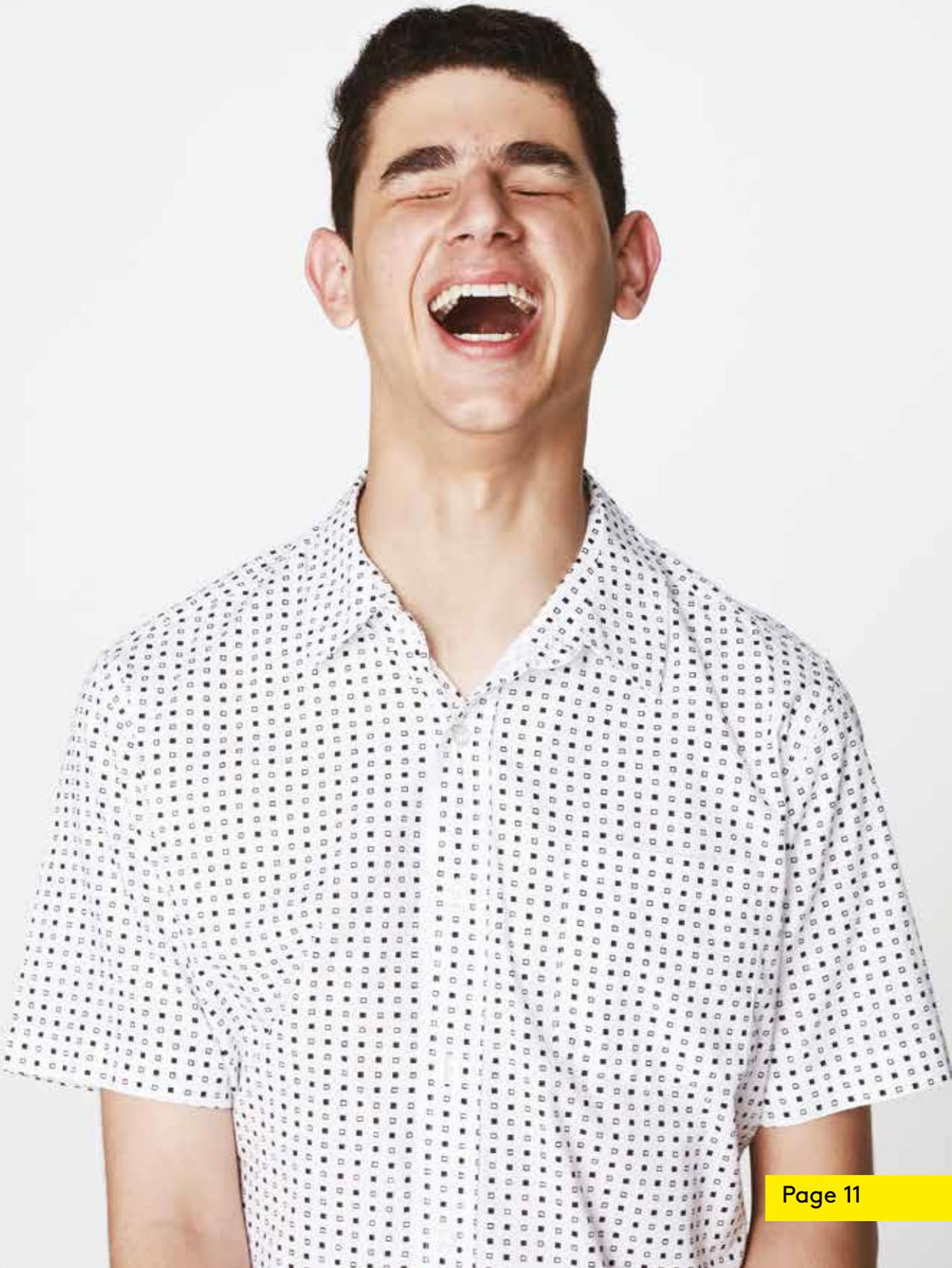
# Moving into adulthood

This is a big step for anyone. Whatever you need, we'll be there to support you so you can:

- Make the most of your choice of university, job, gap year or trade
- Source financial support for the right equipment to make your tertiary studies a success
- Learn the life skills you need to manage your own home
- Form friendships and relationships or join groups and clubs
- Access information on how to advocate for yourself and influence change in the community
- Secure work experience or volunteering opportunities
- Get involved in tailored and mainstream recreational activities
- Explore your community and the world beyond

**Zest is our online social community for young people. Here you can share experiences with others and ask questions about topics like travel, work, study, hobbies and socialising. Visit [participate.visionaustralia.org/zest](https://participate.visionaustralia.org/zest).**

**Anthony,**  
Vision Australia client



# Adulthood

We are here to help you make the most of everyday – from living independently to making plans, setting goals and achieving them. You get personalised support that is entirely focused on who you are and what you want from your life.

**Liselle,**  
Vision Australia  
team member



We can help you:

- Boost your skills to travel safely and with confidence – around your neighbourhood or around the world
- Provide options to get around including your own Seeing Eye Dog
- Expand your computing knowledge and technology toolkit
- Connect with others in ways that suit you to learn from their experience and share yours
- Learn and experiment with new practical strategies to organise and manage your home
- Start a new job, strengthen your current position or advance your career
- Tap into entertainment such as theatre, television and reading for pleasure
- Enjoy a rich social life that moves at your pace, and centres on conversation and activities you like

**In the last 12 months  
Vision Australia delivered  
over 23,000 hours of access  
technology training.**

## Later Years

As we mature our vision changes. Holding onto the quality of life you've enjoyed is important. You may be concerned about how you will stay independent and in your own home or how you'll adapt to a new level of vision. Whatever you want to do at this stage in life, we can provide you with guidance, reassurance and the plan you need to stay in control of your life. We can help you:

- Connect individually or in social groups with people you relate to
- Participate in recreational activities such as art, craft, sport and music
- Reinforce or learn new practical skills and strategies for staying in charge of your circumstances, whatever they may be
- Read for pleasure across a wide range of genres – including books and newspapers – with over 46,000 titles available through our library
- Train in computing and social media so you can stay in touch with others
- Engage with your community to share your knowledge and experience

**Join one of our community groups.  
Over 90 groups meet regularly  
around Australia to connect,  
share and socialise.**



# Vision Australia can help you. Call our Helpline on 1300 84 74 66

Vision Australia has 28 metro and regional centres around Australia. Call us or visit our website to find the one closest to you.

## Find out more

[visionaustralia.org](http://visionaustralia.org)  
[info@visionaustralia.org](mailto:info@visionaustralia.org)

 VisionAustralia  
 @visionaustralia

Vision Australia acknowledges the support of state and commonwealth governments. For full acknowledgments see [www.visionaustralia.org/gvtfunding](http://www.visionaustralia.org/gvtfunding)

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