

**Live the life you
choose**





Making the most of life looks different for everyone

Everybody has their own goals and aspirations to achieve in life, that can come with challenges to face along the way.

Receiving a vision loss diagnosis is something that thousands of Australians are faced with that can affect any one of us at any time in our lives.

No matter your level of vision, your experience is entirely your own. Vision Australia's focus will always be to get to know you and understand your needs. We are here to support you how you need to be supported, which is why we are the leading national provider of specialist blindness and low vision services. We can work together to develop the mix of services and support you need to meet your goals.



Working together

Together we can develop a plan tailored for you, so you can live your life the way you want to. You will have a dedicated support person with you from the beginning, there to help you make it happen. They will get to know you and suggest ways to tailor the right supports and services to suit your needs.

Emotional support when you need it

At every stage, we are there for you and your family to help you stay physically and emotionally well. This support not only helps everyone involved to acknowledge, understand, and navigate the emotions that come with living with vision loss, but also introduces you to strategies and options that can empower you to build your confidence and boost your self-esteem.

Remember that there will always be help available to you every step of the way.

Access to funding

You can access different funding options for Vision Australia supports and services. These 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.



Children's services

Finding out your child has vision loss can feel overwhelming, and it's natural to have a lot of questions. What will their future look like? How will they navigate school, make friends, or join in on sports?

Since so much of what we learn comes from observing the world around us, children who are blind or have low vision need to explore their environment in new ways. And as their parent, you are their first guide and greatest teacher.

At Vision Australia, we're here to help you on this journey. Together, we'll equip you with the knowledge, confidence, and support to make the best decisions for your child, until they're ready to begin to make their own.

With proven strategies and thoughtful guidance, you'll be giving your child every opportunity available to thrive.

Vision Australia provides support to around 2,000 children nationally.

Your child's early years

Early learning and development are so important to set your child on the path to becoming a confident, independent, and healthy adult.

Whether in your home, at your closest Vision Australia location or wherever else you feel most at ease, we can help your child build vital life skills, including:

- Joining in daily routines like mealtimes and family outings.
- Playing, moving, and exploring with curiosity and joy.
- Enhancing literacy skills through our dedicated children's library.
- Engaging in conversations and listening with enthusiasm.
- Developing social skills like sharing and participating in games and sports.



Getting your child ready for school

School is a pivotal part of a child's early life. We are here to help ensure that your child enjoys a smooth and successful start to their school experience. Together, we'll work to support and nurture their growth, aiming to make their school years a time of joy and achievement. We will:

- Work with teachers and other important people in their lives so they understand your child's vision and needs, showing them how to tailor activities to be inclusive in the classroom.
- 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 they need to find their way around.
- Find the right equipment and assistive technologies to support your child's learning, and guide them on how to use these tools with confidence and ease.



Your child's school years

Children develop academically, socially and emotionally during their school years. We are here for your family every step of the way so your child continues to thrive throughout this time.

This ranges from advice about lighting and desk setup, to different formats for educational materials and the right technology to enable reading and writing. 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.





Services for adults

Moving into this part of your life is a major milestone. We're committed to being there to offer you guidance, resources, and encouragement to ensure you navigate this transition smoothly. Whether you're facing new challenges or seizing new opportunities, we're here to help you:

- Make the most of your choice of university, job, gap year, or trade.
- Find financial support for the equipment you need to excel in your studies.
- Develop the life skills to manage your own home with confidence.
- Build friendships, form relationships, and join groups or clubs.
- Access information on advocating for yourself and making a difference in your community.
- Explore work experience or volunteering opportunities.
- Engage in both tailored and mainstream recreational activities.

We're here to help you make the most of every opportunity.

Navigating life as an adult

With personalised support tailored just for you, we'll focus on who you are and what you want from life, ensuring you have the guidance and encouragement you need to achieve what you want for your life. Whether that is living independently, setting goals or planning for your future.

We can help you:

- Boost your skills to travel safely and navigate your environments with confidence.
- 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 31,000 hours of access technology training.



Services for older adults

As we age, our vision naturally changes.

If you're concerned about maintaining your independence, staying in your own home, or adjusting to a new level of vision, we're here to help. Whatever your goals are at this stage in life, we offer the guidance, reassurance, and personalised plan you need to stay in control of your life. We can help you to:

- Connect individually or in social groups with people you relate to.
- Participate in recreational activities such as art, craft, sport and music.
- Receive emotional wellbeing support.
- Reinforce or learn new practical skills and strategies for staying in charge of your individual circumstances.
- Continue to read with access to over 46,000 titles across a wide range of genres and formats through our Vision Australia Library.
- Train in computers and social media so you can stay in touch with others.
- Engage with your community to share your knowledge and experiences.

Contact us

Find out more about how our services and support can help you and your family today.

Call us on 1300 84 74 66

Vision Australia has metro and regional centres around Australia. Call us, visit our website at visionaustralia.org or email us at info@visionaustralia.org to find out the one closest to you.



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Blindness. Low Vision. Opportunity.