

SEE YOUR OPTOMETRIST FOR VISION CARE

Your optometrist offers comprehensive vision care and will help you to obtain the best from your vision. It is important to have your eyes examined regularly. The sooner eye health and vision problems are discovered, the sooner you can be helped.

Your optometrist is qualified and registered to:

- Examine your eyes for vision disorders
- Prescribe, supply and repair spectacles
- Detect and diagnose signs of eye disease
- Detect and diagnose signs of health disorders involving the eyes
- Prescribe and supply contact lenses
- Analyse and treat eye co-ordination disorders
- Prescribe other specialised optical aids
- Contribute to the care of the partially sighted
- Advise on lighting.

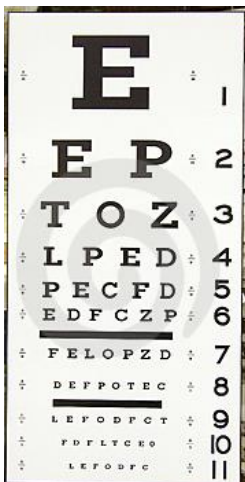
Optometrists also advise on:

- Sunglasses
- Sports vision
- Visually-related learning disabilities
- Eye safety and vision requirements for home and industry
- Fashion spectacle frames

Some optometrists specialise in these areas.

If an eye disease or general health disorder is detected, your optometrist will refer you to an ophthalmologist (eye surgeon) or general medical practitioner.

When your optometrist examines your eyes:



- You will be asked about your eyes and vision, your family's eyes and vision and your general health.
- Your eyes will be examined to ensure that they are healthy.
- Specialised techniques and instruments will be used to examine the various functions of your eyes.
- If you need spectacles, you will be advised on the choice of lenses from the many types available and assisted in the choice of frames that must be fitted correctly.
- If you would like to have contact lenses, you will be advised of the most suitable type for your eyes and carefully instructed in their use and care.

Your optometrist will discuss your vision and offer advice. Do not hesitate to ask if there is something you do not understand or want explained in more detail.

Medical insurance cover

- Optometric consultations qualify for Medicare rebates.
- Private health insurance funds provide benefits for spectacles and contact lenses.



How to choose your optometrist

- Ask a friend or doctor for a recommendation
- Look in the *yellow pages*
- Choose an optometrist who is a member of Optometrists Association Australia. Members of this professional body will make every effort to ensure that the highest quality of vision care is provided.



As a member of Optometrists Association Australia your optometrist:

- Takes part in continuing professional development
- Has access to the latest technology and information from Australia and overseas
- Agrees to abide by the Optometrists Association Australia code of ethics-ensuring a responsible and well-disciplined profession
- Is accountable for the quality of professional services offered.



Members of Optometrists Association Australia are:

- Willing to talk to interested groups
- Available for advice
- Promoting vision safety in sport, industry and the home
- Constantly striving to maintain high standards
- Committed to quality vision care for all Australians.

Optometrists Association Australia offers:

- Commitment to inform the public on matters relating to vision
- Support for research and education