

EYE HEALTH CONCERNS GUIDE



Live Well With Vision Loss

Practical tools for living well with vision loss

A quick guide for anyone experiencing changes in their vision.

1. KNOW THE SIGNS

It's important to pay attention to changes in your eyes or vision.

Contact your eye care professional if you notice any of the following:



BLURRY VISION

Vision that is blurry, hazy or out of focus.



DISTORTED VISION

Straight lines look wavy, bent or uneven.



DARK SPOTS / BLIND SPOTS

Dark, empty or missing areas in your vision.



FLASHES OF LIGHT

Seeing brief flashes or flickers of light.



FLOATERS

New floaters or a sudden increase in floaters.



EYE PAIN OR DISCOMFORT

Pain, redness, irritation or unusual discomfort.



LIGHT SENSITIVITY

Discomfort in bright light or trouble adjusting.



DOUBLE VISION

Seeing two of everything in one or both eyes.



SUDDEN VISION LOSS

Partial or complete loss of vision.



COLOUR CHANGES

Colours look faded or different than usual.

2. WHEN TO GET HELP

Use this guide to decide when to act.



GET HELP IMMEDIATELY

Go to your nearest emergency department or call your eye care professional right away if you experience:

- Sudden vision loss
- Flashes of light with new floaters
- A dark curtain or shadow over part of your vision
- Severe eye pain
- Sudden double vision
- Chemical injury or trauma to the eye

These could be signs of a serious eye condition that needs urgent care.



BOOK AN APPOINTMENT SOON

Make an appointment with your optometrist if you experience:

- Blurry or distorted vision
- New or increased floaters
- Trouble seeing at night
- Headaches related to eye strain
- Dry, irritated or watery eyes
- Changes in colour vision
- General changes in your vision that last more than a few days



KEEP UP WITH REGULAR CHECK-UPS

Even if you have no symptoms, regular eye exams help protect your long-term eye health.

3. YOUR EYE CARE TEAM

Keep your eye care professional contact details here for easy access.

OPTOMETRIST

Name: _____

Organisation: _____

Phone: _____

Notes: _____

OPHTHALMOLOGIST

Name: _____

Organisation: _____

Phone: _____

Notes: _____



IMPORTANT REMINDER

This guide is not a substitute for professional medical advice. If you are ever unsure, contact your eye care professional.

HELPFUL TIPS

- ✓ Know your family eye health history.
- ✓ Wear sunglasses to protect your eyes.
- ✓ Eat a balanced diet and stay active.
- ✓ Take regular breaks from screens.
- ✓ Attend regular comprehensive eye exams.



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livewellwithvisionloss.com

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