Are you or a family member having difficulty seeing? Have you been diagnosed with an eye condition? Are you a professional seeking information to help someone with vision loss? If the answer is “yes” to any of these questions, VisionAware™ was created just for you. VisionAware is a free, easy-to-use website where you can find answers to your questions about eye conditions and about living with vision loss.

**Follow these steps** to find information on VisionAware.org to help deal with the anxiety and frustration that often come with losing vision.
You Can Get Help!

Steps to Take to Get Help

**Step I:** If you’re experiencing problems with your vision, seeing an eye care professional is a priority. Learn all you can about your eye condition. Use visionaware.org/GSyoureyecondition to learn more about the following:

- Age-related macular degeneration, cataracts, diabetic retinopathy, glaucoma.
- Low vision and legal blindness.
- The different types of eye care professionals.
- Eye examinations and eye health.

**Step II:** Find services for help with adjusting to vision loss including:

- A comprehensive directory of vision rehabilitation services and consumer organizations: visionaware.org/GSdirectory.
- Explanation of vision rehabilitation services that help with living independently and working with vision loss: visionaware.org/GSvisionrehabilitation.
- Articles on coping with vision loss including personal stories: visionaware.org/GSemotionalssupport.
- Information on support groups: visionaware.org/GSupportgroups.
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**Step III:** Explore tools for living with vision loss.
- Find helpful products and information about technology at visionaware.org/GShelpfulproducts.

**Step IV:** Help your family and friends with understanding vision loss.
- Obtain information such as recognizing signs of vision and communication tips at visionaware.org/GSfamilyhelp.

**Step V:** Join our community at visionaware.org/GSgetinvolved.
- Check out our message boards, blogs, news, and social media.

**More resources from the American Foundation for the Blind (AFB):**
- Use our app, VisionConnect (visionaware.org/visionconnect), to connect to services and resources.
- Explore AFB Family of Websites:
  - AccessWorld® www.afb.org/AW
  - CareerConnect® www.afb.org/CC
  - FamilyConnect® www.familyconnect.org
- Or call the AFB Information Desk at 1-800-232-5463.

Find more tips at visionaware.org/gettingstarted