

HOUSING & COMMUNITY SERVICES DEPARTMENT

OFFICE ON AGING



1300 S. GRAND AVENUE • BUILDING B, 2ND FLOOR • SANTA ANA, CALIFORNIA • 92705 PHONE: (714) 567-7500 • FAX: (714) 567-5021 • TDD: (714) 550-9472

January 2008

Start the New Year with a Vision Exam

Erin Ulibarri, MPH

Has it been a few years since you had your eyes examined?

Are you worried about some recent vision loss?

Now is the time to take care of your eyes by having your vision checked. January is *National Glaucoma Awareness Month* and is the perfect time to take care of any vision concerns. Glaucoma is caused by increased pressure in the eye and leads to vision loss, often with no warning symptoms. People over 70 are 4-7 times more likely to be affected by glaucoma than younger adults.

How do you know if you are at risk for glaucoma?

- Being over 50
- Being over 40 and African American
- Having a family history of glaucoma
- Having diabetes and/or high blood pressure
- Being nearsighted

EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, offers free glaucoma and senior eye exams.

Those eligible for these programs:

- Are US citizens or legal residents
- Have not had an eye exam in at least 12 months
- Are at risk for glaucoma (age, family history, race)
- Do not have an HMO, VA coverage, or other medical insurance (Medicare is OK)
- Are 65 years or older and have not seen an ophthalmologist for at least 3 years (for the Senior EyeCare program only)

The County of Orange Office on Aging can connect you with the EyeCare America programs. Call the Information and Assistance line at **1-800-510-2020** or **1-714-567-7500** and the friendly and knowledgeable Information Specialists will tell you more about these programs. The Specialists can also answer your questions concerning other older adult services, such as housing, transportation, medical and health information, caregiving, and much more.

