



# Vision and Aging

## Making Vision a Health Priority

The purpose of the *Making Vision a Health Priority* program is to present information about vision changes that can occur with age, the importance of eye health, and the need for regular comprehensive dilated eye exams. Participants will learn that vision loss is not a normal part of aging and what they can do to protect their vision as they age. After attending the educational session, participants will be able to do the following:

- Identify vision changes associated with aging.
- Identify at least two lifestyle practices that support eye health.
- List three questions to ask an eye care professional.

### Materials

- Making Vision a Health Priority PowerPoint Presentation and PDF\* Document
- Speaker's Guide PDF\*
- Making Vision a Health Priority Participant Handout \*PDF
- Age-Related Eye Diseases At-a-Glance Participant Handout PDF\*
- Eye Diagram Handout PDF\*
- Promotional Announcement PDF\* or Word Document
- Participant Evaluation Form PDF\*



## HOW TO USE THE PROGRAM: *Making Vision a Health Priority*

This program can be used for an educational session. It contains a PowerPoint presentation, a Speaker's Guide, participant handouts, a promotional announcement, and a participant evaluation form.

The following information provides suggestions on how to use the materials in this program.

### PowerPoint Presentation

- The PowerPoint slides are the focus of the *Making Vision a Health Priority* program. Use them to present eye health information to groups of older adults.
- The program has its own PowerPoint presentation that has a corresponding speaker's guide.

- You will need access to a computer/ laptop in order to present. Ideally, you should also project the slides onto a screen using an LCD projector.
- If you do not have access to an LCD projector, you can print out copies of the PowerPoint slides for participants and ask them to follow along.
- Please refrain from reading directly from the PowerPoint slides. Instead, use the talking points in the speaker's guide.

## Speaker's Guide

- The speaker's guide mimics the slides on the PowerPoint but also includes talking points below each slide for you to give your presentation.
- The talking points correspond with each of the bullets on the PowerPoint slide.
- No prior knowledge of eye health is necessary. All the information you need to present is included in the speaker's guide.
- If the attendees ask questions that are not directly addressed on the slide, please reply by referring them to their eye care professional.
- Do not hand out copies of the speaker's guide to attendees.
- Use the Presenter's Tips in the speaker's guide to engage your audience.

## Promotional Announcement

- The announcement can be posted in a flyer or incorporated into newsletters or other publications to publicize your educational session.
- Tailor the announcement to indicate the time, date, and location of your session.
- Be clear that this presentation is an educational session, not a vision screening. However, you may wish to do it in conjunction with a screening.

## Participant Handouts

- This program has handouts that you can reproduce and distribute to participants.
- The handouts provide a summary of the key messages in the presentation. The handouts also contain information about where participants can get more information.

## Participant Evaluation Form

- Print out copies of the evaluation form and ask participants to fill one out after your presentation. This information can help you in preparing for future presentations.
- The National Eye Institute is also interested in getting feedback from participants. If you would like to share these evaluations, please mail them to:  
NEHEP  
31 Center Drive MSC 2510  
Bethesda, MD 20892-2510

## Where To Get More Information

For more information, visit the National Eye Health Education Program “Vision and Aging” Web page: [www.nei.nih.gov/nehep/programs/visionandaging](http://www.nei.nih.gov/nehep/programs/visionandaging)



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