VISION AND AGING RESOURCES AT-A-GLANCE

The goal of the National Eye Health Education Program's (NEHEP) Vision and Aging Program is to educate adults ages 50 and older about maintaining healthy vision as they age and reducing their risk of vision loss from age-related eye diseases and conditions. The following is an at-a-glance summary of educational resources available to help raise eye health awareness among older adults in your community. To learn more about NEHEP and its Vision and Aging Program, please visit www.nei.nih.gov/nehep/programs/visionandaging.

See Well for a Lifetime toolkit

The *See Well for a Lifetime* toolkit provides health, social service, and community professionals with science-based, easy-to-understand tools and resources that can be used in community settings to educate older adults about eye health and maintaining healthy vision as they age. The toolkit includes three modules that can be used for individual educational sessions or that can build on one another as a series. Each module contains a PowerPoint presentation, a speaker's guide with detailed talking points, participant handouts, promotional announcements, and participant evaluation forms.

Medicare benefit card

This promotional card, developed by the National Eye Institute (NEI) with the Centers for Medicare & Medicaid Services, promotes the glaucoma and diabetic eye disease benefit under Medicare. This colorful, two-sided card summarizes benefit eligibility and lists sources of more information. The card is available in both English and Spanish for distribution at conferences, health fairs, meal sites, senior centers, and other community locations to promote Medicare benefits to consumers.

Infographics

These infographics use images, stats, and text to quickly and easily present important eye health information. They can be used to reach out to older adults with information about eye diseases such as age-related macular degeneration, cataract, diabetic retinopathy, glaucoma, dry eye, and low vision. The infographics can be printed and distributed, included as an insert in your newsletter, displayed on bulletin boards, shared with local media, uploaded to your website, or shared with your social media networks. (Specific infographics targeting older adults include Aging & Eye Health and Aging and Your Eyes.)

"Take Care of Your Eyes and Continue Looking Forward to the Future" drop-in article

This article is designed to educate older adults about age-related eye diseases and the importance of comprehensive dilated eye exams and other behaviors in reducing their risk of vision loss. This article—which is available in English and Spanish—can be used in your newsletter, in your blog, or on your website and distributed to local media outlets.

NIH
National Eye Institute

National Eye Health Education Program
NEHEP
A program of the National Institutes of Health

Educating Older Americans About Their Aging Eyes webinar

This pre-recorded webinar provides an overview of the growing prevalence of age-related eye diseases and conditions, their lack of early symptoms, the importance of comprehensive eye exams, and resources available to help you educate older adults about eye health and the prevention of vision loss and blindness.

Eye health tips infocards

These infocards use graphics and text to convey key eye health messages. They can be used on your social media pages to promote the *See Well for a Lifetime* toolkit to professionals and to support older adults with behaviors they can follow to help keep their eyes healthy.

Vision and Aging Pinterest board

This Pinterest page includes a variety of resources—such as websites, articles, infographics, and videos—you can use to promote eye health and the importance of comprehensive dilated eye exams to older adults.

NEI YouTube channel

NEI has its own YouTube channel with videos on a variety of topics, including comprehensive dilated eye exams, the importance of knowing your family's eye health history, and tips on living with low vision. You can include a link to this page on your website or post individual videos to your website and social media pages to help educate older adults about eye health.

Visit **www.nei.nih.gov/nehep/programs/visionandaging** for more information.

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National Eye Health Education Program **NEHEP** *A program of the National Institutes of Health*