



# Vision and Aging

## Age-Related Eye Diseases and Conditions

The purpose of the *Age-Related Eye Diseases and Conditions* program is to present information on age-related eye diseases and conditions that can cause permanent vision loss or blindness. This module stresses that eye diseases often have no early warning signs and emphasizes the need for comprehensive dilated eye exams. The diseases and conditions covered in this module include glaucoma, cataract, diabetic eye disease, dry eye, and age-related macular degeneration. After attending this educational session, participants will be able to do the following:

- Identify vision changes associated with aging.
- Explain the importance of having a comprehensive dilated eye exam to detect eye diseases in their early stages.
- Describe common age-related eye diseases and conditions.
- Discuss what they can do to protect their vision.

### Materials

- Age-Related Eye Diseases and Conditions PowerPoint Presentation and PDF\* Document
- Speaker's Guide PDF\*
- Taking Care of Your Vision After 50 Participant Handout PDF\*
- Age-Related Eye Diseases At-a-Glance Participant Handout PDF\*
- Eye Diagram Handout PDF\*
- Promotional Announcement PDF\* or Word Document (community poster)
- Participant Evaluation Form PDF\*



## HOW TO USE THE PROGRAM: *Age-Related Eye Diseases and Conditions*

This program can be used for an educational session. It contains a PowerPoint presentation, a Speaker's Guide, participant handouts, a promotional announcement (community poster), 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 *Age-Related Eye Diseases and Conditions* 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.
- 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.

## 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.

## 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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