

This is LEHP



**Lions Eye Health Program
Australia**

**Reducing the incidence and impact of
vision loss in Australia.**



About Us

The Lions Eye Health Program (LEHP) aims to reduce the incidence and impact of vision loss in Australia through education and awareness activities, promoting eye examinations, distributing informational publications and conducting children's vision screenings.

Initially funded by the Lions Clubs International Foundation, since 2006 LEHP has been a Category B project and is funded by Lions Clubs in all States, who contribute \$4.00 per member per annum from their activities account, as well as additional donations from clubs and other sources.

Over 575,000 Australians are vision impaired in both eyes, to the extent that they can no longer legally drive and this number is expected to continually rise.

90% of vision loss in Australia is avoidable or treatable.

Too many Australians are losing their sight unnecessarily.

Apart from the cost of treating vision related problems, people with vision loss are at an increased risk of falls, hip fractures, depression, social dependence and early admission into nursing homes.

Vision loss also has a tremendous impact on children and affects their learning, development and self- esteem.

The Lions Eye Health Program is partnered with the Centre for Eye Health, a state of the art eye imaging and diagnostic centre associated with the University of NSW, which provides technical expertise and advice to the program.



Centre for Eye Health

Avoidable Vision Loss In Adults

LEHP primarily focuses on three different eye conditions where, once vision is lost, it cannot be restored.

Regular eye examinations every 2 years are essential for detecting these treatable conditions.

Glaucoma

This condition, where the nerve cells that transmit information from the eye to the brain become damaged, takes over peripheral vision.

Functional implications of Glaucoma include blurred vision, seeing a halo around lights, sensitivity to glare and light, difficulty identifying the edge of steps, being unable to differentiate between the footpath and the road and tripping over or bumping into objects.

Diabetic Retinopathy

Diabetes sufferers are at risk of developing small blood vessel complications which can lead to blurred and patchy vision or even vision loss and blindness.

Functional implications of Diabetic Retinopathy include difficulty with fine details and outdoor travel, visual fluctuations such as hazy or double vision and seeing images as rippled, bent or blurred, losing some field of vision and having difficulty seeing in low light, sensitivity to glare and light and difficulty focusing.

Age-related Macular Degeneration

AMD affects the macular, part of the retina, situated at the back of the eye and removes central vision.

Functional implications of AMD include difficulty identifying the edge of steps if there is no colour contrast, inability to determine traffic-light changes, misjudging the speed and distance of oncoming traffic when crossing the road, difficulty watching TV or reading, sensitivity to glare and light and adjusting to lighting changes (especially in areas with low light), perceiving straight lines as distorted or curved, difficulty distinguishing people's faces and difficulty distinguishing between objects of a similar colour due to dimming colour vision.

Children's Eye Health

80% of a child's learning is processed through their eyes.

Along with allergies and asthma, eye disorders are the most common long-term health problems suffered by children.

In fact, **1 in 5 children have an undetected vision condition.** It is important to pick up any problems as soon as possible to reduce the impact on their development.

Most children will accept vision problems and adapt to their poor vision. They rarely complain as they believe everyone sees the world just like they do and don't know that they could be seeing things clearer.

All children should have a full eye examination before starting school and then regularly as they progress through primary and secondary years of their education.

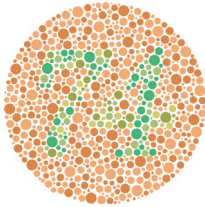
To help screen for undetected vision conditions in children, LEHP has purchased vision screening aids and screening cameras that can identify issues through four simple on-site activities. With the help of a matching Lions Clubs International Foundation grant, these cameras and screening aids are available in every Lions District in Australia.

We believe that LEHP's national Children's Vision Screening Program is the most comprehensive screening program available in the country.

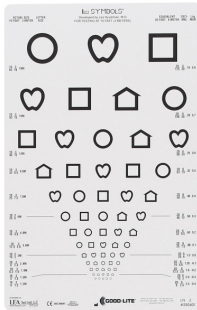


Children's Vision Screening Program

Vision screening can be performed for children from 3 years old in childcare centres, schools, sporting clubs or community groups.



Colour Vision is checked by asking children to identify the numbers on different coloured backgrounds, which determines whether colours are being perceived normally.



Visual Acuity is tested using a Lea Symbol Chart. From a 3m distance, the child is asked to read symbols on a chart. They are asked to perform the task with both eyes together and then separately with their left and right eyes. This helps to determine how sharp vision is at longer distances.



Depth Perception is observed using an image of a fly and various animals in boxes. Wearing 3D glasses, the child is asked if they can see the fly jumping out at them and which animal is trying to escape from their box.



The **Spot Vision Screener** is a state of the art piece of equipment that takes a photo of the child's eyes. It screens for Myopia (near sightedness), Hyperopia (far sightedness), Astigmatism (blurred vision), Anisometropia (unequal refractive power), Strabismus (eye misalignment) and Anisocoria (unequal pupil size).

If an out of range result is returned from any of these screening methods, the child's carer is provided with a print out of the results and a recommendation to seek follow up with an eye health professional.

Resources & Awards

Working closely with the Centre for Eye Health, a range of community education resources focused on avoidable vision loss and children's eye health have been developed.

These resources include brochures, posters, stickers, children's colouring and activity sheets, simulation glasses, presentations, bookmarks, portable eye charts and more.

LEHP resources are free for participating Clubs.



A full list of resources and order forms are available on our website: lehp.org.au/order-resources

LEHP also has two awards available for presentation to Lions or community members for outstanding service. Both awards include a lapel pin and personalised plaque.

For more details please visit lehp.org.au/lehp-awards/

Dr Bob Coulthard Recognition Award



PDG Roly McAtee OAM Vision Award



Get Involved

Presentations

A LEHP representative can visit Lions Clubs interested in LEHP and the Children's Vision Screening Program to explain what is involved. We also have videos and PowerPoint presentations available on our website for anyone who would like to present about LEHP at their Club.

Become a Participating Club

To become a Participating Club we ask for an annual donation of \$4 per member. In order to conduct screenings, access the LEHP training, equipment, documentation and resources, a Lions Club must be a Participating Club. Your donation also helps with the day to day running of the program and funds some of the valuable screenings conducted across the country.

Join Our Vision Screening Team

Vision Screeners and Facilitators are needed in every District in Australia. Non-Lions can also undertake the LEHP training and become qualified Screeners.

Training to become a Vision Screener involves an online course, a hands on workshop and attending a screening session. Everyone involved in the program is required to have a valid Working With Children clearance as per their State guidelines.

As this is a national project, all involved need to follow the specified training and administrative procedures to ensure its successful implementation. It is also important that the program is managed carefully and that we don't have screening sessions being conducted by screeners and facilitators that are not fully prepared or not covered by Lions Insurances.

Spread the Word

Distribute or display LEHP awareness posters and brochures in your Club and around your local community.

lehp.org.au

enquiries@lehp.org.au



facebook.com/lehp.org.au



Lions Eye Health Program
Australia

PO Box 178
Seaford, SA 5169

1800 010 234

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