

All About Eyes



I see for culture



International Centre for Eyecare Education



Book 1

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- Aboriginal Health Council of South Australia
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- Australian Indigenous HealthInfoNet
- Centre for Eye Research Australia
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- The Fred Hollows Foundation
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What do we use our eyes for?

We use our eyes every day.

We use our eyes at school, at work, at home and in the community.

(Point to the picture as you read out each activity):

We need to look at things when we read, paint, cook, clean, weave, drive and use computers.

We use our eyes when we go fishing, hunting and shopping

We use our eyes to enjoy ourselves when we play football, watch TV and talk to friends.

Imagine what life would be like if we could not see to do these things...

What do we use our eyes for?

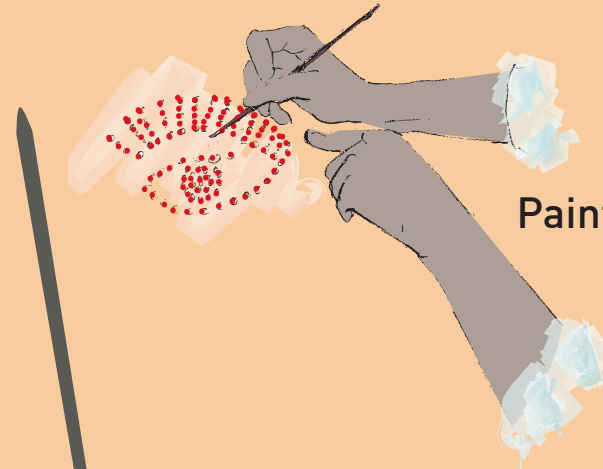
Eyes allow us to see

We need our eyes for day-to-day activities:

Reading



Painting



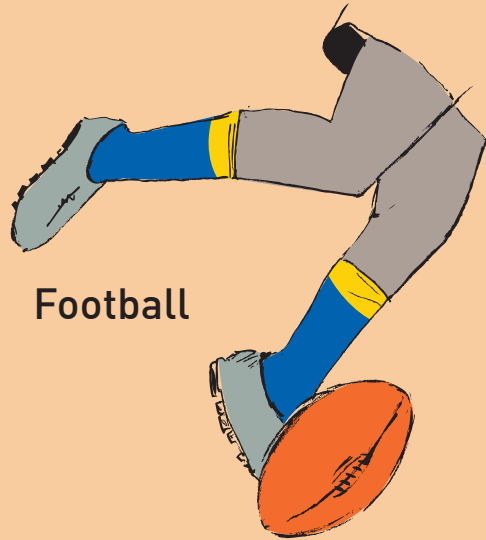
Weaving



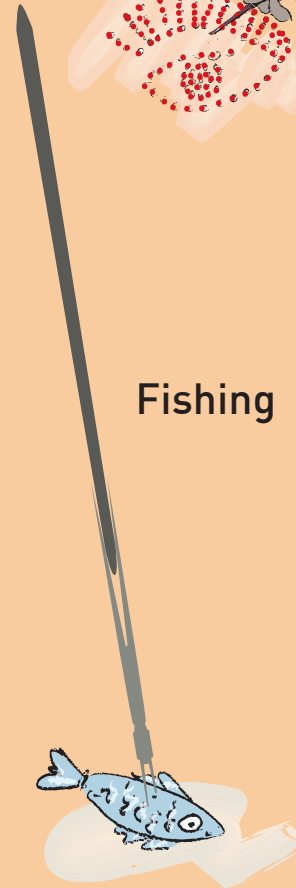
Driving



Football



Fishing



Computers



Parts of the eye: outside



It may be useful to also have the eye model to point to.

Each part of the eye has a job to do. Let's take a look at the different parts of the eye

This picture shows the eye when looking at someone's face. *(Point to each part as you explain):*

The **eyelids** and **eyelashes** protect our eyes from too much sunlight, wind and dust.

The **pupil** is a round hole in the middle of the iris. The pupil is usually black. It can change size when light changes, becoming smaller in bright light and larger in the dark.

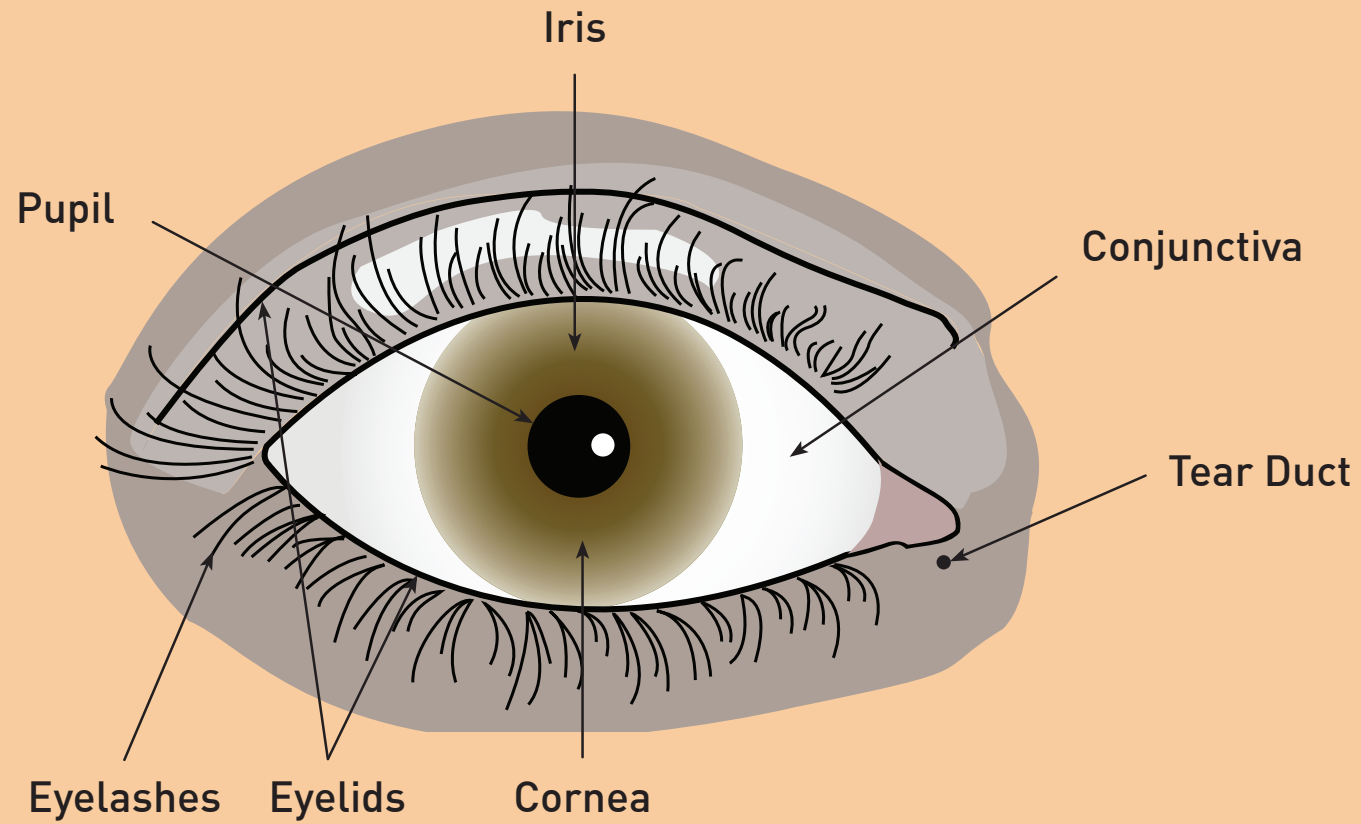
The **iris** is the coloured part of the eye.

The **conjunctiva** is a thin, clear layer to cover and protect the white of the eye. It is like skin.

The **tear duct** is a very small hole in the eyelid. It helps to drain our tears away.

The **cornea** is the front window of the eye, and is like the clear glass on a watch.

Parts of the eye: outside



Parts of the eye: inside



It may be useful to also have the eye model to point to.

Now we are looking inside the eye, like the eye has been cut in half.

This picture show us: *(Point to each part as you explain):*

The **lens**, which is behind the pupil. The lens helps us focus our eyes to look up close. It can sometimes become cloudy- this is called a cataract.

The **vitreous** is a jelly-like filling inside the eyeball, which helps to keep its shape.

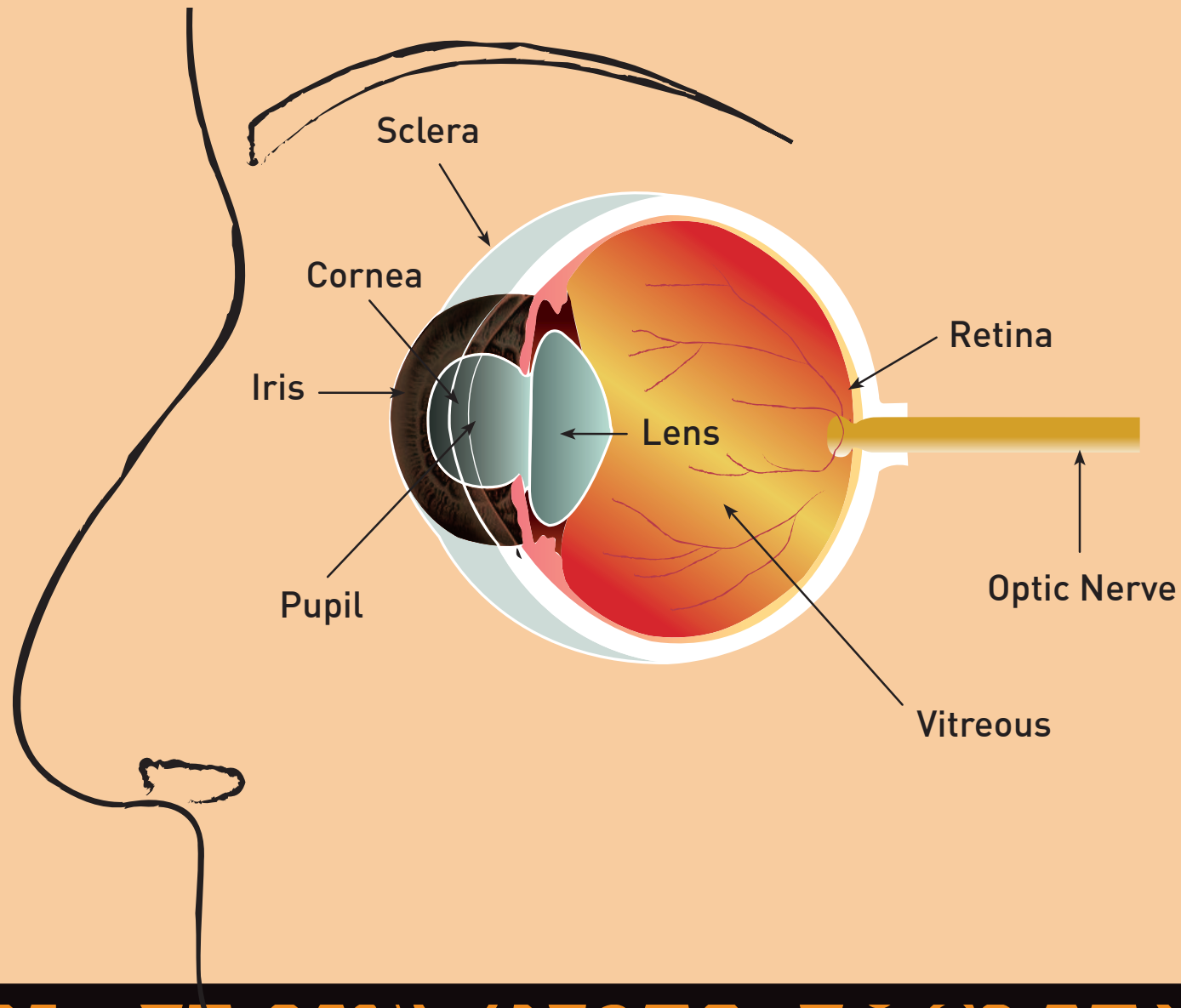
The cornea, lens, and vitreous need to be clear to see well. If they are hazy, it is like looking through a dirty window.

The **retina** is the inside layer of the eye. There are many little veins on the retina.

The **optic nerve** is like a power cord, carrying messages from the eye to the brain.

The **sclera** is the white of the eye, which is strong and keeps the eye firm.

Parts of the eye: inside



Looking after our eyes

Because we use our eyes every day, it is important to take good care of them.

This lady is wearing a hat and sunglasses outside to protect her eyes from the bright sun. *(point to picture of lady)*

This man is hammering nails, so he wears safety glasses to stop things getting in his eyes. *(point to picture of man hammering)*

This child is keeping her face and hands clean, so her eyes won't get infected. *(point to picture of girl cleaning hands)*

It is also important to get your eyes checked about every two years, or if you are having problems with your eyes.

Looking after our eyes

Wear a hat and sunglasses

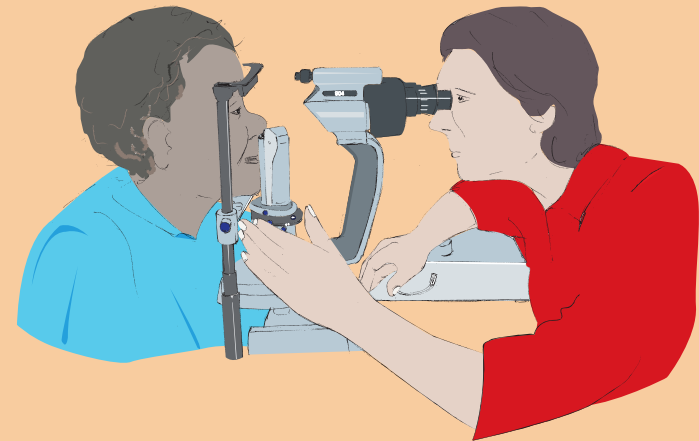


Wear safety glasses



Keep your face, hands and eyes clean

Get your eyes checked



When should you get your eyes checked?

You can get your eyes checked when...

- you get blurry vision or you notice a change in your vision *(point to photos of blurry vision)*
- you have red, sore, itchy, watery or pussy eyes *(point to pictures of red eye and watery eye)*
- you hurt your eye or have something in your eye *(point to picture of injured eye)*
- you have diabetes. It is very important for people with diabetes to get their eyes checked every year. *(point to diabetes picture)*



Everyone needs to get their eyes checked, children and adults. So tell your community, friends and family.



Get your eyes checked about every two years to make sure they are healthy.

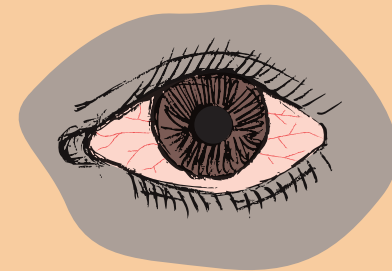
When should you get your eyes checked?

You should get your eyes checked if they are:

Blurry



Red or sore



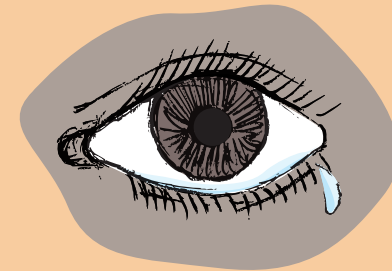
Diabetes



Injured



Watery or pussy



Everyone needs to get their eyes checked about every two years, to make sure they are healthy

What happens when you get your eyes checked?

You can have your eyes checked at the community clinic, in town, or at the hospital.

Sometimes nurses and health workers can check your eyes. Other times optometrists or eye doctors will check your eyes.

First, they will check how well you can see *(point to first picture)*. If things look blurry, they will work out glasses to help you see better. *(point to second picture)*

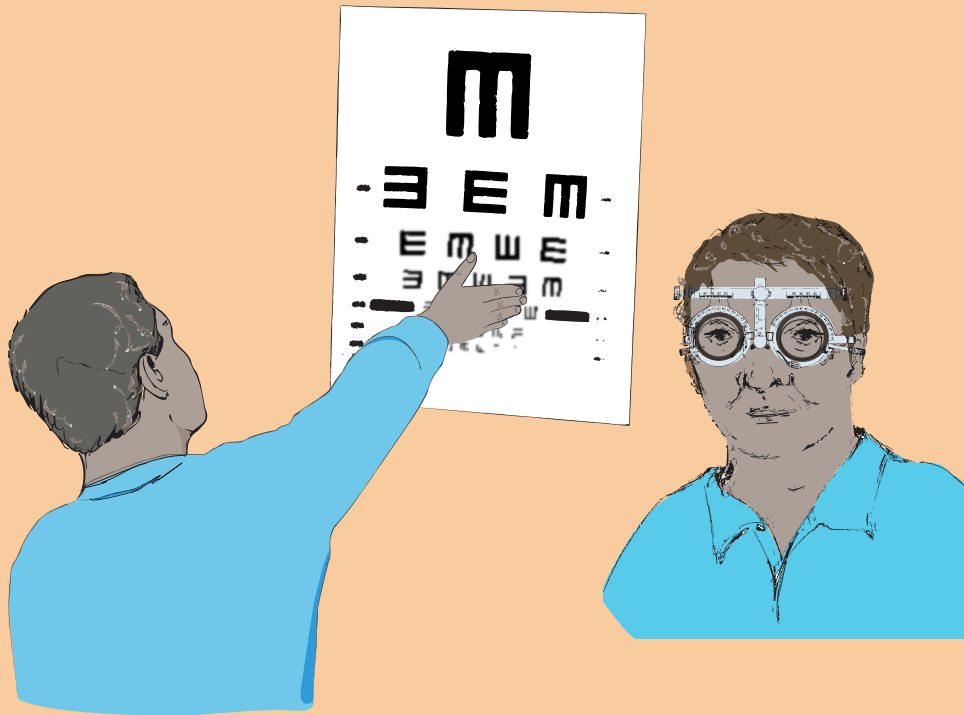
Second, they will check how healthy your eyes are *(point to third picture)*. You may have some eye drops put in, so the doctor can see inside your eye. The drops will make things look bright and blurry, and you should not drive, but only for a short time.

There are different machines for looking inside the eyes. These do not hurt, but are just special lights.

What happens when you get your eyes checked?

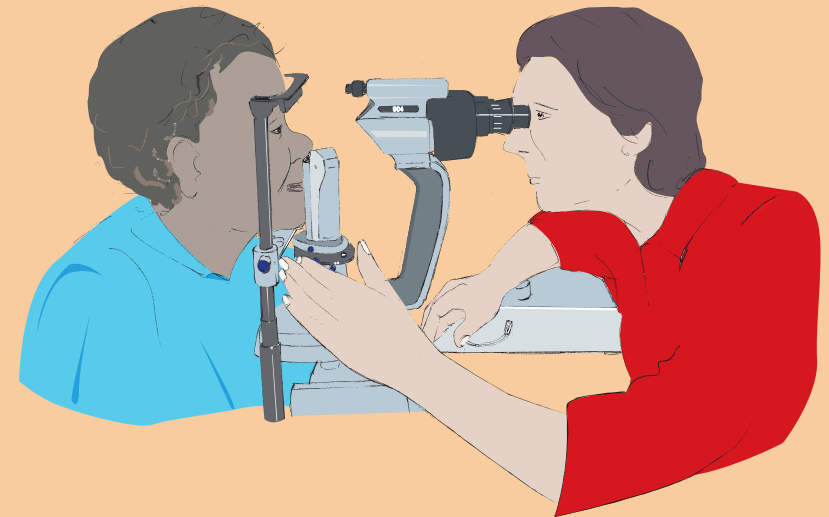
Eye checks may happen at the clinic or at the hospital

The health worker, optometrist or eye doctor will check....



...how well you can see

...if you need glasses



... how healthy your eyes are

After the eye check

After the eye check, some people may need eye glasses to help them see clearer.

(point to first picture)

If the eyes are sore, red, and pussy, they are infected. This is called conjunctivitis, and antibiotic eye drops will stop the infection from getting worse and spreading to other people. These eye drops should be used three times a day for a whole week, even if the eyes look better in a couple of days.

(point to second picture)

Some people may have an eye problem like cataract and need an eye operation to help them see well.

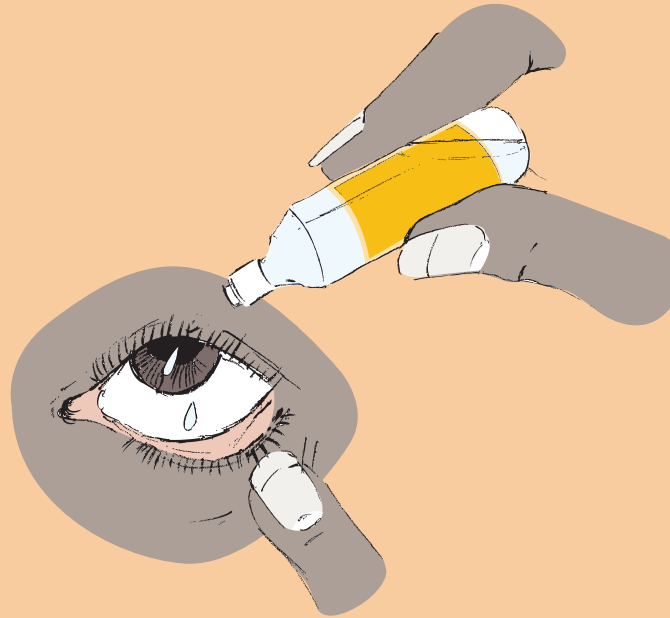
If people notice a change in their eyes and or vision, they should get their eyes checked straight away.

After the eye check

Some people may need:



eye glasses



eye drops



an eye operation



If people notice a change in their eyes and or vision, they should get their eyes checked straight away.

Wearing eye glasses

It is normal for some people to need glasses.

Some people have trouble seeing far away and need to wear glasses at school, watching television or for driving. Sometimes they have to wear their glasses all the time. *(point to first photo)*

Some people have trouble seeing up close This happens to most people over the age of 40. Glasses will help them see clearly when looking close and doing things like reading, painting, weaving and computer work. *(point to second photo)*

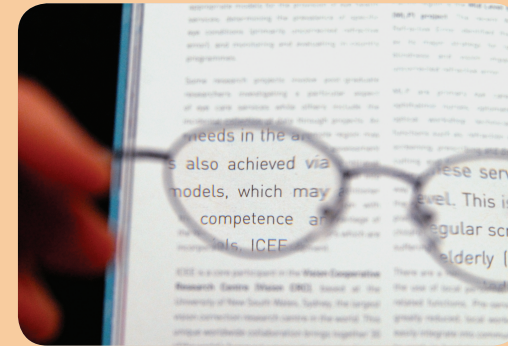
Wearing eye glasses

Some people need glasses to see well...

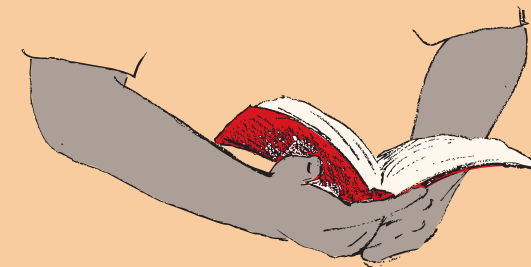
Far away



Up close



Some people need eye glasses to see well far away...



Most people need glasses to see up close after 40 - this is normal.

When an eye operation or eye glasses do not help

Some people's eyes do not work very well. They may have very little vision or poor vision. An eye operation or glasses may not help.

Sometimes this can make life difficult for them, but people with bad eyes can get help from an orientation and mobility instructor.

They can have lessons to learn how to use different things like:

- A special glass called a magnifier. This makes things look bigger, can help with reading and painting. *(point to first picture)*
- A special white stick. This can help them walk around safely, and stop bumping into things and tripping over rocks and bushes *(point to second picture)*

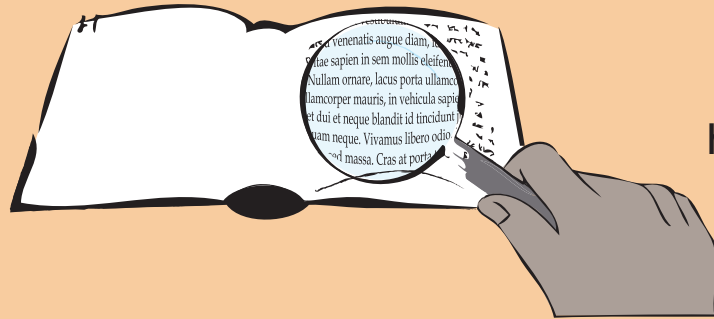
If you know someone with bad eyes who can't see well, talk to the Health Worker or optometrist or eye doctor. They can tell you about people who can help.

when an eye operation or eye glasses do not help

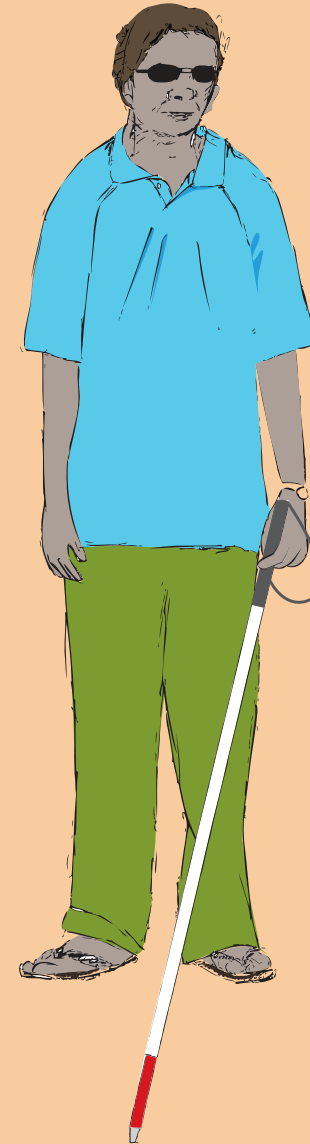
Some people have very poor vision

An eye operation or eye glasses may not help

They may need...



...a magnifier to help with reading



...a long white stick for walking around.

Have you had your eyes checked?

If you start having problems with your eyes or how well you can see, make sure you get your eyes checked straight away.

People with diabetes should get their eyes checked every year.

Everyone should get their eyes checked every two years, to make sure their eyes are healthy.

You can get your eyes checked by

- an optometrist (eye glasses doctor)
- an ophthalmologist (eye doctor)
- a nurse
- or a Health Worker

Ask your health worker about eye checks in your community.

Have you had your eyes checked?

Get your eyes checked...



straight away, if you start to have problems with them



every year, if you have diabetes



every two years, to make sure they are healthy

