

# Resources and Support for People with an Eye Disease



If you are living with an eye disease, there are a number of resources available to help you learn more about your condition and how to adapt to living with vision loss, and connect you to communities that can support you. This pamphlet has been created to help you start exploring resources that may help you now or in the future. Please consult a healthcare professional for more information about eye diseases.

## Eye Health Resources

### Canadian Association of Optometrists

“Eye Health Library” provides information to help Canadians maintain eye health and learn about eye conditions and vision care.



1-888-263-4676



[opto.ca](https://opto.ca)



CANADIAN ASSOCIATION OF OPTOMETRISTS  
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES

### Canadian Ophthalmological Society

Offers educational resources on eye diseases, stories from people living with an eye disease, and information on tests related to eye health.



1-613-729-6779



[seethepossibilities.ca](https://seethepossibilities.ca)



Canadian Ophthalmological Society  
Société canadienne d'ophtalmologie

### Fighting Blindness Canada

Focused on supporting research and advocacy about eye disease. Provides educational resources about eye diseases including articles, videos, and webinars.



1-800-461-3331

(General Inquiries)



1-888-626-2995

(Health Information Line)



[fightingblindness.ca](https://fightingblindness.ca)



FIGHTING BLINDNESS CANADA  
VAINCRE LA CÉCITÉ CANADA

# Awareness Associations and General Information

## Vision Loss Rehabilitation Canada

Primary services focus on functional needs and independence goals for people living with vision loss. This includes reading labels, pouring liquids, and navigating indoors and outdoors.



1-844-887-8572



[visionlossrehab.ca](http://visionlossrehab.ca)



**VISION LOSS  
REHABILITATION™**  
CANADA

## Canadian Council of the Blind (CCB)

Programs and information for people with vision loss. Brings together members across Canada through local community groups to organize sports and social gatherings that provide interaction with peers.



1-877-304-0968



[ccbnational.net](http://ccbnational.net)



## Canadian Federation of the Blind (CFB)

An organization comprised of people with sight loss advocating for equal rights and opportunities in Canada. Also provides resources to help with self-confidence, travel skills, Braille literacy, and independence.



1-800-619-8789



[cfb.ca](http://cfb.ca)



**CFB**

## Association québécoise de la dégénérescence maculaire (AQDM)

Dedicated to supporting people with all forms of macular degeneration, including AMD. A number of services are available, including health and well-being resources, and regional support groups. French language.



1-866-867-9389



[aqdm.org](http://aqdm.org)



**AQDM**  
Association québécoise de la  
dégénérescence maculaire

# Home and Community Support Services

## 211

Provides resources on topics such as: financial assistance, government/legal assistance, home support programs, local transportation, and more. Available 24 hours a day in 150+ languages by phone, chat, text, and web. Available in all provinces/territories and in the United States, with results specifically tailored to your location.



## CNIB

Offers a number of programs to enhance daily living skills, foster an active lifestyle, build career skills, and more. Also operates the CNIB Guide Dogs Program to raise, train, and match guide dogs with Canadians who are blind or have low vision.



# Resources for Caregivers and Loved Ones

## Canadian Centre for Caregiving Excellence

Brings together caregivers, researchers, and allies for networking and advocacy. Also provides resources, tools, and webinars for caregivers.



## Canadian Home Care Association

Online resources such as webinars and articles that provide the latest information on home care.



# Social, Recreation, and Entertainment

## Accessible Media Inc. (AMI)

Media company that entertains, informs, and empowers Canadians who are blind or partially sighted. Operates 3 broadcast systems: AMI-tv and AMI-audio in English and AMI-télé in French.



## Canadian Blind Sports

Support for all Canadians who are blind or visually impaired to be involved in a range of sports. Information on how to participate in sports such as judo, skiing, soccer, swimming, and more.



Canadian Blind Sports  
*Sports Aveugles Canada*

## CELA (Centre for Equitable Library Access)

Provides access to a collection of over 1 million book titles in multiple accessible formats, including audio, braille, print braille, and text.



# Employment

## Canadian Council on Rehabilitation and Work

A full-service employment organization that offers support and training for job seekers and workers with a range of disabilities.



This material is endorsed by:



FIGHTING  
BLINDNESS  
CANADA | VAINCRE  
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