

Cataracts

Despite effective and readily available cataract surgery, cataract is still a leading cause of vision impairment. The rate of cataract doubles with each decade after 40 years.¹

The lens inside the eye enables a focussed image to be transmitted onto the retina at the back of the eye. A cataract is the clouding or opacity of the lens that creates blurred vision.

Cataracts affect both distance and near vision and are usually a result of the aging process. They can also develop from other causes which includes congenitally causes (from birth) and trauma to the eye. Cataracts that occur as a result of aging usually develop slowly and affect both eyes at different rates. Surgery to remove the cataract, including the insertion of intra-ocular lenses, is generally successful.



6/6 Vision



How vision can be affected by Cataracts

Some functional implication of a cataract are:

- difficulty seeing traffic when crossing the road
- problems with driving
- difficulties reading
- poor depth judgement
- problems seeing at night as a halo effect or double vision may be visible around lights
- things appear as if seen through a veil
- low functioning in bright daylight due to glare-sensitivity
- colours appear dulled

¹ [http://www.who.int/bulletin/archives/79\(3\)249.pdf](http://www.who.int/bulletin/archives/79(3)249.pdf)

How we can help

People who have cataracts can receive assistance from Guide Dogs NSW/ACT.

Orientation and Mobility services are designed to meet individual needs and are provided on a one-to-one basis. Our Instructors will assist the person with a vision impairment to become confident travelling safely and efficiently in familiar and unfamiliar environments.

Our Low Vision Clinic is a joint venture with the University of New South Wales School of Optometry and assessments are billed through Medicare. The clinic is located at Guide Dogs office in Chatswood, Sydney.

All services, including mobility aids are provided free of charge. Anyone can make a referral.

To refer someone to us, with their permission, please phone your nearest Client Services office on:

Sydney East Region:	(02) 9412 9300	Lismore:	(02) 6621 8475
Sydney West Region:	(02) 9891 4914	Newcastle:	(02) 4925 3066
Low Vision Clinic:	(02) 9412 9392	Orange:	(02) 6362 6625
Guide Dogs Centre:	(02) 4579 7555	Tamworth:	(02) 6761 3152
ACT:	(02) 6285 2988	Wagga Wagga:	(02) 6925 3559
Albury	(02) 6041 5201	Coffs Harbour:	(02) 6652 7424
Wollongong:	(02) 4225 9247		

Or contact us at www.guidedogs.com.au/contact