

Share with people who understand

Emotional and
social support



Vision Australia

Blindness. Low Vision. Opportunity.

You're not alone

Living with vision loss can involve significant challenges but there are positives that can come from the experience, such as making new friends, learning new skills and getting involved in different social and recreational activities.

As the leading national provider of services to people who are blind or have low vision, Vision Australia understands the unique ups and downs of living with vision loss. When you come to us, you will find a safe and supportive environment, and be able to connect with people who identify with you and your circumstances.

"This group was more than I ever dreamt. Initially I didn't want to come because I was embarrassed, but it's been amazing. I've been inspired by the courage shown by everyone here as they move on with their lives. It's been the best two and a half hours of my week."

Andy, Vision Australia client

On the cover: **Courtney and Alison**,
Vision Australia team member and client

Get in touch through us

You can get in touch with people going through similar experiences – people of all ages and walks of life who are blind or have low vision and living diverse, fulfilling lives. Vision Australia can help you do this. We currently support more than 26,000 people around Australia who live with vision loss.

Tell us what kind of experience you're looking for. Choose to connect one-on-one or join a group, meet in person or talk on the telephone. Access the sort of emotional and social support that feels right at the time – from child and family counselling to peer groups with other people who are blind or have low vision.

You can connect once or make it a part of your regular life. We make getting together with others easy and can tailor opportunities that work for you. There's plenty to get involved with, including over 50 community groups and professionally facilitated groups designed so you and others can discuss living with vision loss. There are also many different social groups that get together over the telephone.

Accessing emotional and social support through Vision Australia can help you:

- Hear what others are doing, what works for them and learn from their experiences
- Solve problems with others, swap ideas and share your knowledge
- Share your experience with people who can relate and offer advice in return
- Meet people with similar interests and hobbies, and make new friends
- Talk about your feelings with other people who have had similar experiences
- Try new things in an environment where you feel included

Emotional support groups

Join one of our emotional support groups. Called Quality Living Groups, they offer tailored support for dealing with vision loss and are provided over the telephone or face-to-face from selected offices. Each group is facilitated by a trained Vision Australia staff member and runs for one to three hours a week over eight weeks.

One on one peer support

Receive one-on-one support from a trained volunteer who is blind or has low vision, and who can relate to your circumstances. The service is available for people across all life stages, including teenagers, parents, people of working age and older members of the community.

Santiago,
Vision Australia client



Social groups

Connect with others to share hobbies, interests and support through regular, ongoing group discussions that are delivered over the telephone. Facilitated by professionally trained Vision Australia volunteers, this Telelink program is a free, confidential and enjoyable way to share social, recreational and self-help topics in a group setting. Many groups are offered in different languages, and the program is available around Australia.

Choose the Telelink groups that suit your age and interests. They include:

- Parenting
- Tertiary studies
- Current affairs
- Sport
- History
- Music
- Gardening
- Food
- Crosswords
- Book club

Community groups

If you're interested in meeting other people who are blind or have low vision, join a group in your local community. These face-to-face groups are a great way to share ideas and information, and get support from people in your local area on a regular basis. Contact details for these groups are listed on Vision Australia's website at visionaustralia.org

Recreational activities and events

Choose from a selection of recreational activities and events, such as sport, children's workshops, audio described performances, accessible community events, craft groups and organised outings. Talk with your local Vision Australia team or check out the events page on our website for more information on what is available in your area.

"I love hearing other members' experiences. It gives me encouragement and the desire to achieve my goals. Sharing with people of different ages and educational level gives me the momentum to continue with my own studies."

Rosalie, Vision Australia client

Vision Australia can help you connect with others

Call our Helpline on 1300 84 74 66

Vision Australia has 28 metro and regional centres around Australia. Call us or visit our website to find the one closest to you.

Find out more

visionaustralia.org
info@visionaustralia.org

 VisionAustralia

 @visionaustralia

Vision Australia acknowledges the support of state and commonwealth governments. For full acknowledgments see www.visionaustralia.org/gvtfunding

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