

THE CANADIAN COUNCIL OF THE BLIND

OCTOBER 2025

# White Cane

The Voice of the Blind™ in Canada

## Magazine



## CELEBRATING WORLD SIGHT DAY

### INSIDE

Sharing Lived Experiences

Advocacy 101

Vision Without Borders

# Space age tech has landed at Specsavers

Book an eye exam including  
OCT from \$99



**Specsavers**

Eye exams provided by independent optometrists. Prices may vary by location. Visit [specsavers.ca](https://www.specsavers.ca) for details.



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# President's Message



PHOTO BY: **ANDRE MARTIN**

Your vision plays a vital role in your overall health and well-being, and regular eye exams can detect not only changes in eyesight but also early signs of other health conditions.

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The date of this issue of *White Cane Magazine*, Thursday, October 9th, 2025, marks a particularly special occasion: World Sight Day. Each year, the International Agency for the Prevention of Blindness (IAPB) coordinates this day to raise awareness about blindness and vision loss, reminding us all of the importance of eye care. We are publishing this issue on World Sight Day to join in raising awareness and to highlight the important work being done here in Canada.

For over 80 years, the CCB has been proud to stand as a leader in blindness, eye health, and advocacy. That leadership is strengthened by our collaboration with others who share our vision for a healthier future. We extend sincere thanks to all those working tirelessly on Bill C-284, the *National Strategy for Eye Care Act*. This legislation represents a great leap forward for Canadians, and we are especially grateful to the Vision Health Partners advocacy group and their dedicated members, whose efforts continue to advance eye health and vision care across the country.

To mark this year's World Sight Day, the *Act Now, Act Together* conference is taking place in Toronto. This event is a strong call to action on the issues that matter most to Canadians who are blind, have low vision, or live with eye conditions. If you are unable to attend, recordings will be available on the CCB website. We anticipate this event to be worthwhile, so stay tuned for the recordings!

Also featured in this issue is an editorial titled *World Sight Day: A Canadian Perspective* by Mike Potvin. His piece explores the theme "Love Your Eyes" through a distinctly Canadian lens. It is an inspiring read you won't want to miss. Other articles in this issue include *Advocacy 101*, *Sharing Lived Experiences: Collaborating with the Vision Loss Community*, and *Get Together with Technology Program's Perspectives on AI: Accessibility and Innovation in Focus*.

As we celebrate World Sight Day, I encourage you to book an eye exam if you have not already done so this year. Your vision plays a vital role in your overall health and well-being, and regular eye exams can detect not only changes in eyesight but also early signs of other health conditions.

Together, by caring for our vision and supporting one another, we can continue to make a difference. In the spirit of our conference, let's Act Now, Act Together!

Yours in service,

**Jim Tokos**

*National President, The Canadian Council of the Blind*

# Almost Half of Canadian Children Aren't Receiving Regular Eye Exams as Myopia Rates Rise

Specsavers emphasizes the importance of early detection through regular eye exams as nearsightedness rates in children continue to grow

Myopia (also known as nearsightedness) rates in Canadian children have steadily increased in recent years – progressing faster than in previous generations; however, according to a recent Specsavers Canada survey, conducted by Angus Reid Group, 82% of Canadians are unaware of this increase.

“We’re seeing a significant rise in the number of children being diagnosed with nearsightedness, more than ever before,” says Naomi Barber, Clinical Services Director at Specsavers Canada. “While lifestyle changes such as spending more time outdoors and limiting screen use can help slow the progression of myopia, there is more that can be done to slow the progression, and optometrists are at the frontline of this intervention. Specsavers is committed to raising awareness among parents about the importance of early detection.”

The Canadian Association of Optometry recommends that school-aged children receive a comprehensive eye exam every year until the age of 19. Yet, the recent national Specsavers survey revealed **45% of school-aged children in Canada are not receiving annual eye exams as recommended.** This gap in routine eyecare is concerning, especially as rates of childhood myopia continue to rise. Myopia has the potential to become the most common cause of irreversible visual impairment and vision loss worldwide.



## Myopia management can slow progression of vision loss

As part of its mission to change lives through better sight, Specsavers is encouraging parents to include a comprehensive eye exam in their children's schedule. For children diagnosed with myopia, there are specific types of glasses and contact lenses that can help slow the progression of the condition. Specsavers offers several of these solutions, with savings available during the back-to-school season. Visiting an optometrist from a young age is important. Early intervention can help reduce children's risk of developing long-term sight-threatening conditions.

Specsavers locations offer comprehensive eye exams by independent optometrists, including optical coherence tomography (OCT), a 3D advanced eye health scan that examines the back of the eye. The scan helps to assess eye health in detail and detect other causes that may be contributing to visual impairment. Children are covered for annual eye exams if they are under a provincial health care plan in most provinces.

“So much of parenthood is about preparing our little ones for a bright future,” adds Barber, “Whether they have their sights set on being explorers, athletes, artists, scientists, or musicians, we want to make sure they're ready to do so with confidence and clear vision.”

**Learn more about myopia management or scheduling an eye exam at [specsavers.ca/myopia](https://specsavers.ca/myopia).**

**Specsavers**

FIGHTING BLINDNESS CANADA'S RESEARCH STRATEGY:

# Building a Foundation for Innovation

For more than 50 years, Fighting Blindness Canada (FBC) has fueled breakthroughs in vision science, driving discoveries that have transformed our understanding of blinding eye diseases. From establishing Canada's first gene therapy clinical trial for inherited retinal diseases to advancing stem cell research and sight-saving surgical techniques, FBC-supported projects have laid the foundation for innovations that are now changing lives. These achievements are a testament to the power of community-driven investment in research.

Our new Research Strategy (2025–2030) reflects both this legacy and our unwavering commitment to the future. Developed in partnership with researchers, clinicians, and our community, it charts the path forward for Canadian vision research. By aligning with the priorities of the National Eye Care Strategy, FBC ensures that research advances are closely connected to improved care, equitable access, and meaningful outcomes for patients.

Through this renewed focus, we are accelerating progress toward treatments and cures—bringing hope, progress, and possibility to Canadians living with blinding eye diseases.

[Learn more about FBC-funded research at fightingblindness.ca/research.](https://fightingblindness.ca/research) 

## Reliable Information. Real Connection.

Stay informed about the latest vision research, ask your questions, and connect with others who understand what you're going through. Join us at upcoming View Point educational events—both in person and online.

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



FIGHTING  
BLINDNESS  
CANADA



# World Sight Day: A Canadian Perspective



PHOTO BY: **ANDRE MARTIN**

As we celebrate the power of sight,  
let's also commit to making vision care  
a national priority.

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On October 9, Canadians will join the global community in observing World Sight Day 2025, a day dedicated to raising awareness about the importance of eye health and the urgent need for accessible, affordable, and equitable vision care. This year's theme, "Love Your Eyes", resonates deeply across Canada's diverse landscapes – from the mountain ranges out West, across the golden fields of the Prairies and to the beaches and surf in the East – reminding us that vision connects us to the beauty and vitality of our country.

In Canada, where universal healthcare is a point of pride, unfortunately, eye health remains an area where gaps persist. A recent national survey conducted by the Canadian Ophthalmological Society (COS) revealed that while 97% of Canadians believe eye care is crucial to overall well-being, only half feel familiar with treatment options for serious eye conditions.

This disconnect highlights the need for better education and outreach, especially as Canadians face growing concerns over screen time, UV exposure, and environmental factors like wildfire smoke.

The "See The Possibilities" photo contest, a uniquely Canadian initiative, invites citizens to share snapshots of their "corner of Canada," celebrating the views that make our vision so precious. It's more than a contest – it's a celebration of the everyday moments that sight

makes possible, and a reminder of what's at stake when vision is compromised

Organizations such as the Canadian Council of the Blind are leading the charge by promoting screenings, public education, and community engagement. Our efforts align with the global push by the World Blind Union and the International Agency for the Prevention of Blindness to ensure that eye care is not a privilege, but a right

World Sight Day is not just about awareness – it's about action. Whether it's booking an eye exam, advocating for better coverage of vision services, or simply learning more about how to protect your eyes, every Canadian has a role to play. As we celebrate the power of sight, let's also commit to making vision care a national priority.

Because in a country as vast and vibrant as ours, everyone deserves to see the possibilities.

A handwritten signature in black ink, appearing to read "Mike Potvin".

**Mike Potvin**  
Editor

# Recognizing the signs early: Liz Tully's Journey with AMD

## How long have you been diagnosed with AMD?

I have been aware of having AMD for about 25 years and I have had wet AMD for about 9 years. But even before my diagnosis, I knew much earlier that I might get it, because when I was in my early 40s, I knew that 3 of my family members had it.

At first, the vision changes were so gradual that I naturally adapted without realizing it. It wasn't until I developed the advanced form, wet AMD, that I really started noticing the differences.

## Looking back, what were some of these vision changes you dismissed or overlooked at very initial stages?

Early on, I had difficulty seeing when moving from a light to a dark environment. I first noticed this when I went into a movie theatre after the movie had started. I couldn't find any vacant seats, so I walked along the row, found one that looked empty and sat down, only to realize someone was sitting there. Fortunately, we both had a good sense of humour. But, at that time, it didn't occur to me that it could be my AMD, but now I recognize it as one of the first symptoms. I also remember having trouble reading under poor lighting conditions. The lines would sometimes merge, or individual letters would appear in the wrong places. I'd have to blink really hard to get the lines to settle down.

Another issue I had was when I was out walking. Sometimes I'd suddenly fall, and I now realize it was because I was losing my depth perception and contrast sensitivity. Even performing tasks like cutting a piece of paper, I'd end up cutting into thin air above or below it. For me, these changes were so gradual and slow that I didn't even realize I was losing these skills.

## How did knowing about your potential risk for AMD impact your approach to managing the condition and your daily life?

That knowledge was hugely important to me and that is why I strongly believe that people should have the opportunity to know if AMD could be in their future—if they wish to know. Over time, through my own experiences, conversations with others, and my research on AMD, I have gradually come to believe that there is a general belief in the ophthalmology world: that if a condition like AMD cannot be treated or cured, it should not be discussed with patients, because the knowledge could be too unsettling.

But for me, it's the opposite—I'm much better at dealing with what I know rather than the unknown. I'm independent and a planner by nature, and you can't plan for something big like this without knowing about it. I understand that not everyone wants to know, but for those who do, I think testing can be incredibly helpful. It allowed me to be proactive—like noticing my loss of depth perception and contrast sensitivity—and make adjustments, like picking up my feet more when walking.

## How did you react when you were told your condition had progressed to wet AMD?

At the time, I knew I had early/moderate AMD, so hearing the words was not the shock that it could have been. The news was still devastating, though—and all I could really handle that day. Even though I had long known this was a possibility, I was overwhelmed and anxious about the ongoing impact the disease could have on my life and those around me. It was incredibly important for me to speak with my doctor, to understand what to expect and how we could move forward together.

## What would you say to someone that might be ignoring the early signs of vision change?

Ignoring it doesn't mean it won't happen! It just means you will be less prepared than you could have otherwise been if you develop a serious eye condition like AMD, especially wet AMD.

AMD doesn't wait. Neither should you.  
If something feels off, get your eyes checked.

**Early detection can help protect your vision.**

*Schedule an eye exam today.*



## Learn how to live with and manage AMD

Scan this QR code or visit [fightingblindness.ca](http://fightingblindness.ca) to access helpful resources and tips on coping with vision changes in AMD.

Testimony presented is from a real patient recounting their personal experience with AMD. This individual has provided their consent to share their story for the purpose of bringing awareness to AMD. Please note that individual experiences with AMD may vary. This is intended for general informational and educational purposes only and does not constitute medical advice. For medical advice, diagnosis, or treatment, please consult a healthcare professional. This advertisement is unbranded and does not endorse or promote any specific medical treatments or products.



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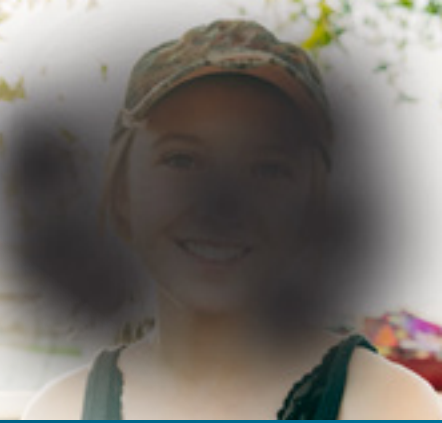
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# Age-related macular degeneration (AMD) is the leading cause of vision loss in people over the age of 55, affecting ~2.5 million Canadians

In AMD, your central vision is affected, making it harder to do activities like reading, driving, and distinguishing faces.



## AMD is a progressive disease, which means that it gets worse over time.

There are three stages of AMD based on the number of drusen on the retina. Drusen are tiny yellow or white spots made up of proteins and fatty substances that result in central vision loss.

### AMD typically begins as dry AMD and can progress to wet AMD at any stage

#### EARLY STAGE

##### DRY AMD

Low quantity of drusen.



May not show any symptoms.

#### INTERMEDIATE STAGE

##### DRY AMD

The quantity of drusen is higher than it was in the early stage.



Mild blurriness in central vision or trouble seeing in low lighting.

#### ADVANCED STAGE

##### DRY AMD

The quantity of drusen is quite high.



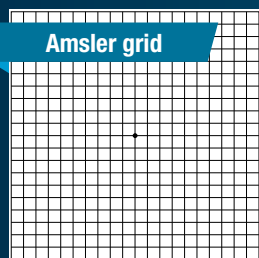
Marked distortion of straight lines, difficulty reading and driving at night, gradual loss of central vision, or dark, blurry areas in the center of vision.

##### WET AMD

A gradual or sudden loss of central vision, or dark, blurry areas in the center of vision.

## What is the difference between dry and wet AMD?

Dry AMD	Wet AMD
<ul style="list-style-type: none"> <li>Characterized by gradual thinning and breakdown of the macula, the center of the retina that is responsible for detailed central vision</li> <li>Central vision loss tends to occur more slowly</li> </ul>	<ul style="list-style-type: none"> <li>Caused by leaky blood vessels that damage the macula</li> <li>Sudden onset with more rapid and significant central vision loss</li> </ul>



## Did you know?

- Risk factors** for AMD include older age, **smoking**, extensive **UV light** exposure, **family history** of AMD and **cardiovascular disease**
- Wet AMD accounts for **10% – 20%** of AMD cases
- 80% – 90%** of severe cases of AMD-related vision loss are caused by wet AMD
- Once AMD is present in one eye, there is an **increased chance** of it developing in the other eye
- Self-monitoring** for AMD-related vision changes can be done at home using an **Amsler grid**

**Keep healthy vision in focus: visit your doctor for a routine eye exam<sup>†</sup>**



## Learn how to live with and manage AMD

Scan this QR code or visit [fightingblindness.ca](http://fightingblindness.ca) to access helpful resources and tips on coping with vision changes in AMD

<sup>†</sup> Adults without eye conditions aged 40 – 64 should have routine eye exams every 2 years. Adults aged 65 years or older should have an annual eye exam.





# Sharing Lived Experiences

## Collaborating with the Vision Loss Community

SHELLEY ANN MORRIS

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I was born with low vision. Throughout my life, I have been asked to participate in numerous consultations and focus groups, complete surveys, attend walk-through visits, test products, digital tools and websites for their accessibility. These opportunities are most impactful when offered from the outset, rather than as an afterthought. Retrofits and last-minute fixes can be more costly, time-consuming, and less effective. A proactive approach that includes people with lived experience from the beginning not only leads to better results, but it also helps build trust. Based on my own experience, here are some suggestions that organizations may consider when inviting members of the blind/low vision community to share their unique experiences.

People in the vision loss community are often invited to participate in surveys, focus groups, accessibility

walk-throughs, and usability testing for websites and digital tools. Here are a few practical ways organizations can strengthen the collaboration process:

### **Make the Ask Meaningful**

When inviting individuals to share their lived experiences, clearly explain why their input is valued and what accommodations are available. A thoughtful invitation sends a strong, positive message: your organization is committed to inclusion and accessibility.

### **Design Accessible Surveys**

Surveys must be accessible for users who rely on screen readers and magnification software. Be sure to use a high-contrast and clear, logical layout. Ensure that important information is not placed exclusively on the right side of the screen, as this can make it harder

to locate with high magnification. All buttons and menus should be correctly labelled to be read aloud by screen readers. Surveys should not “time out” too quickly – some participants may need additional time. Include clear deadlines to encourage timely responses. Many users in the community have found platforms like SurveyMonkey to be relatively accessible and easy to use.

If you are asking for assistance with testing a website, be sure to ask those who have low vision or no vision at all. For a well-rounded opinion and thorough test, ask people who use different kinds of screen readers and magnifiers as well as other types of devices – smartphones, tablets, desktop and laptop computers. Give participants specific, real-world tasks to assess ease and usability.

### **Host Inclusive Focus Groups**

Focus groups are a great way to gather meaningful feedback from those who use your services, venues, or products. Clearly state the time, date (including day of the week), location, and duration of the session. If the group spans multiple time zones, note them all. End times are especially important for those coordinating transit or personal support. For online focus groups, ensure the platform works well with adaptive technologies. Give participants time to troubleshoot any tech issues at the start. Provide written materials in accessible formats ahead of time. At the beginning of the meeting, guidelines are established for turn-taking to ensure everyone can participate. Keep in mind that using chat functions during a session can interfere with screen readers. Some participants may also have difficulty enabling their camera or locating the “Got it!” button when recording consent is requested.

### **Plan Successful On-Site Visits**

There’s nothing quite like an in-person assessment by individuals with vision loss to evaluate accessibility honestly. When organizing an in-person visit, provide the venue name, complete address, and which entrance to use. Make sure that accessible parking is available and that there are transit options as transportation can be a huge obstacle for those who do not drive. Preparing visitors for any security protocols or construction zones at the venue. Offer support with wayfinding, either through hosts or designated meet-up points. Provide a contact number in case visitors get lost or delayed. Make sure facilities (like washrooms) are fully accessible and that service animals have a relief area.

### **Engage a Diverse Range of Participants**

The most effective walk-throughs or product testing sessions include a variety of people with different lived experiences – those with low vision, no vision, guide dog users, cane users, people using mobility aids, and individuals with additional disabilities. Ask participants to complete specific tasks or visit particular areas. This structured feedback helps identify strengths, potential barriers, and opportunities for improvement. Afterwards, hold a debriefing session to gather insights and answer follow-up questions.

### **Plan for Individual Accommodations**

Making accommodations can seem complex, but it often starts with a simple question: “What do you need to participate fully?” Some standard accommodations might include seating preferences (front row for better hearing/seeing, opportunities to sit or stand or access to rest breaks). Some individuals may require sighted guide assistance for wayfinding or accessing food/drink. Asking these questions during the registration process allows for thoughtful, seamless planning – ensuring all participants are treated with professionalism, dignity and respect.

### **Keep in Touch**

Sharing post-session minutes, survey results, and next steps is a great way to demonstrate that participants’ opinions, observations and suggestions are part of the process. Leave the door open for further discussions, questions and suggestions.

### **Show Gratitude and Appreciation**

Participants from the blind/low vision community are generously offering their time, insights, and lived experience. While financial compensation may not always be possible, there are many meaningful ways to show appreciation. Provide refreshments or meals. Offer taxi or transit vouchers. Send a personalized thank-you note. Give a small honorarium or gift card. These gestures reinforce your commitment to inclusion and respect for the expertise offered by the community.

### **Final Thoughts**

Creating truly accessible experiences begins with inviting participation from the vision loss community and listening to those who know these barriers best. Collaborating with the vision loss community – early, often, and meaningfully – leads to better outcomes for everyone. With thoughtful planning and sincere appreciation, organizations can build stronger partnerships and help create a more inclusive world.

# AQDM

Association québécoise de la  
dégénérescence maculaire



## SORTONS LA DÉGÉNÉRESCENCE MACULAIRE DE L'OMBRE

La dégénérescence maculaire est la maladie neurodégénérative **la plus fréquente au monde** : elle touchait environ 200 millions de personnes en 2020, et les projections indiquent qu'elles seront 288 millions d'ici 2040. Au Québec, plus de 500 000 personnes en sont atteintes.

Ce chiffre dépasse largement celui de la **maladie d'Alzheimer**, pourtant bien plus connue du grand public.

La dégénérescence maculaire est méconnue de bien des gens. Elle affecte la vision centrale, limite l'autonomie à un stade plus avancé et touche plusieurs générations de membres d'une même famille lorsqu'elle est **héréditaire**.

### L'AQDM – 35 ans au service de sa communauté

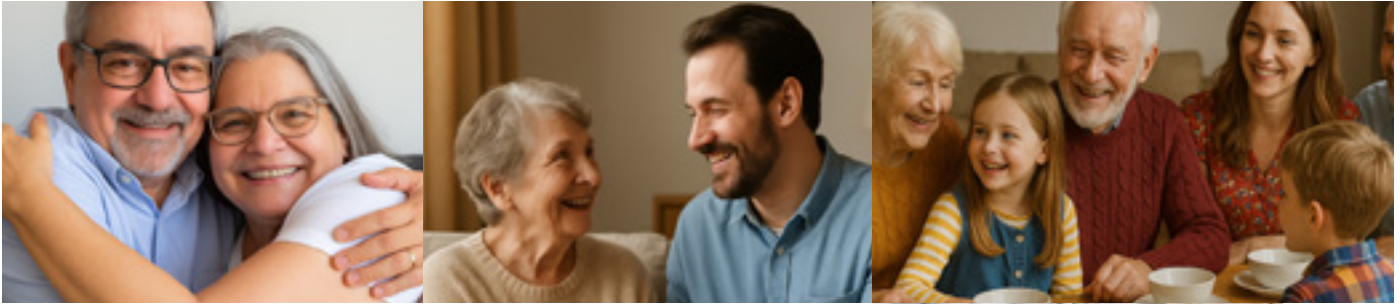
Depuis 1990, l'AQDM soutient des milliers de personnes atteintes et leurs proches, en leur offrant **information, orientation, accompagnement, défense** de l'accès aux traitements et aux aides visuelles, tout en menant des **campagnes de sensibilisation** auprès du grand public.

Sur son site Internet, elle rend disponibles des renseignements détaillés sur la maladie, sur les moyens de s'adapter et de ralentir sa progression et sur l'évolution des traitements et des aides visuelles. Sur sa chaîne YouTube, elle propose une série de conférences virtuelles en français données par des professionnels de la santé reconnus.

### Santé visuelle au Canada : agir ensemble

L'AQDM est fière de collaborer avec le Conseil canadien des aveugles et d'autres organisations canadiennes qui ont pour objectif d'améliorer la santé visuelle et l'autonomie des personnes atteintes par une limitation visuelle, dont la dégénérescence maculaire.

Découvrez nos services, nos événements et nos ressources sur : [aqdm.org](http://aqdm.org)



## LET'S BRING MACULAR DEGENERATION OUT OF THE SHADOWS

Macular degeneration is the **most common** neurodegenerative disease in the world. In 2020, it impacted nearly 200 million people, a number that's expected to climb to 288 million by 2040.

In Québec, over half a million people live with the condition—far more than those affected by **Alzheimer's**, which receives greater public attention.

Despite its prevalence, macular degeneration remains unfamiliar to many. It affects central vision, erodes people's independence as it progresses, and its hereditary forms can impact **multiple generations** of the same family.

### **AQDM – serving the community for 35 years**

Since 1990, AQDM has helped thousands of people with macular degeneration and their families by providing **information, guidance and support**. It also advocates for **access to treatment** and visual aids, and runs **awareness campaigns** to inform and engage the public.

AQDM's website offers comprehensive information about macular degeneration, including adaptation strategies, methods for slowing the disease, and the latest therapies and assistive technologies. Its YouTube channel features a series of French-language webinars led by respected health professionals.

### **Vision health in Canada: a joint effort**

AQDM is proud to collaborate with the Canadian Council of the Blind and other Canadian organizations working to improve the visual health and autonomy of people with sight loss, including individuals with macular degeneration.

To learn more about our services, events and resources, visit **[aqdm.org](http://aqdm.org)**.

# Canadian Council of the Blind

## Active CCB Chapters

CANADIAN COUNCIL  
OF THE BLIND



### BC-YUKON

100 Mile House & District Chapter  
Alberni Valley Chapter  
Blind-Yukon Chapter  
Campbell River Chapter  
Chilliwack & District Chapter  
Comox Valley Chapter  
Dogwood Chapter  
Festival of Friends Chapter  
GTT BC Chapter  
Kamloops WC Chapter  
Kelowna Blind Curlers Chapter  
Hands On Yarn Chapter  
Lower Mainland Chapter  
Nanaimo Chapter  
Parksville and District 69 Chapter  
Prince George Blind Curling Chapter  
Provincial Book Club Chapter (BC)  
South Okanagan Chapter  
Sunshine Coast WC Chapter  
Vancouver Arts & Culture Lovers Chapter

### ALBERTA

Calgary Club  
Edmonton Cribbage Chapter  
GTT Edmonton Chapter

### SASKATCHEWAN

Regina Chapter  
Ohana Saskatoon Chapter

### ONTARIO

Afloat Chapter  
Carleton University Chapter  
Chatham-Kent Chapter  
Club '60' Barrie Chapter  
Cornwall Chapter  
Dragon Boat Toronto Chapter – Myra Rodriguez  
GTT North Bay Chapter  
Hamilton Blind Curlers Chapter  
Hamilton Chapter  
Listeners Book Club  
London Vision Impaired Curlers Chapter  
London Chapter  
McMaster University Chapter  
Mississauga VIP's Chapter  
Ontario Blind Golf  
Ottawa Blind Curlers Chapter  
Ottawa Chapter  
Ottawa University Chapter  
Pembroke WC Chapter  
Peterborough Chapter  
Roadrunners Chapter

Rocks Chapter Myra Rodriguez  
Sault Ste Marie White Cane Chapter  
Thunder Bay & District Chapter  
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Toronto Ski Hawks Ski Club Chapter  
Toronto Visionaries Chapter  
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# The Get Together with Technology Program's Perspectives on AI: Accessibility and Innovation in Focus

CORRY STUIVE

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As we all witness the rapid growth and implementation of Artificial intelligence (AI) some exciting new benefits are being realised by persons who are blind or have low vision.

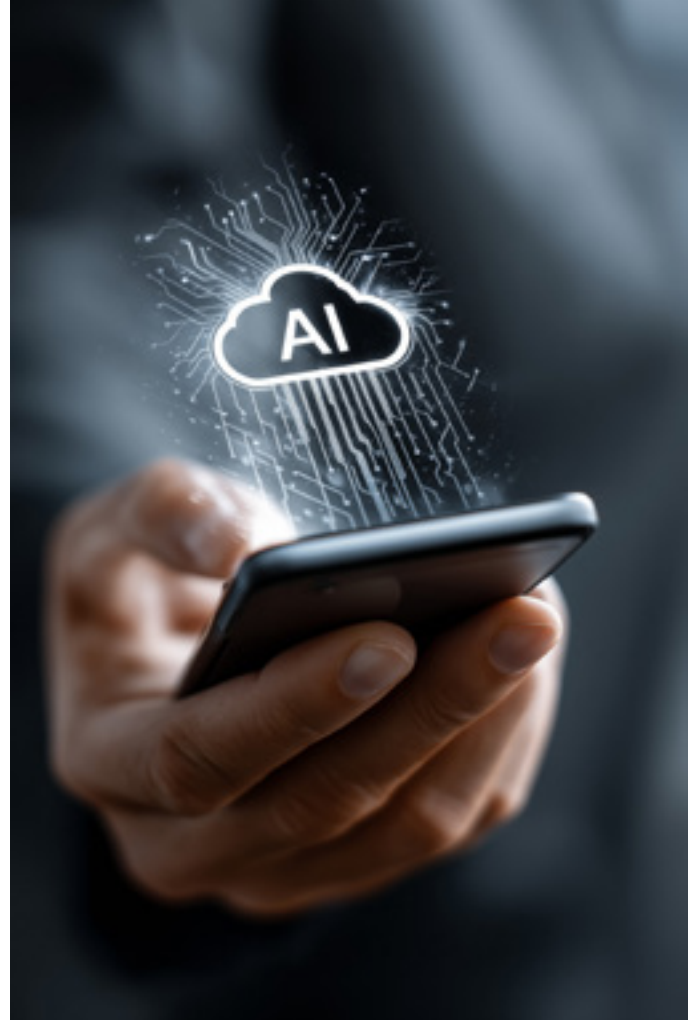
Obviously, the more general tasks associated with AI that we are now witnessing, embracing and utilizing like research, and information gathering, just to mention a few, will benefit us all. Beyond those there are some relatively new and exciting AI benefits more specifically geared to enhance the lives of persons with vision loss that have emerged.

Technology in general has played a key role in the lives of persons with vision loss. Having access to modern day communication vehicles like email, texts and the internet have helped tremendously in leveling the "equal access to information" playing field. Programs like the CCB's Get Together with Technology program (GTT) have helped in empowering persons with sight loss to embrace technology via this highly successful peer support and mentoring program. The benefit of equal access to information can not be overstated, from text books for students to menus for diners and everything in-between. The ability to access information independently over the past few decades has been dramatic in a hugely positive way.

And now enter AI, who's initial benefits have included enhanced item or product identification, photo description and wayfinding assistance, just to mention a few.

By utilizing a camera on a smart phone or perhaps a pair of smart glasses, like the relatively new Meta Glasses, AI via audio prompt can identify what the camera is seeing. Identifying products, reading directions, communicating colour and assisting with mobility are merely a few of the areas where AI can, and will, be extremely beneficial.

In the kitchen alone AI assistance can be huge equalizer and helper. Let's do some cooking. First,



product identification (trust me a can of cream of chicken soup feels and sounds a lot like a can of cream of mushroom). From there let's see if there are any specific heating instructions. Now let's make sure our stove or microwave settings are accurate. As you can see there are tasks that we often don't even think about but AI assistance can, and will, be a great benefit.

Photo, picture and graphic description is another AI task and feature that has been warmly embraced by the site loss community. AI's ability to quickly and accurately communicate what is on a photo or picture, via a detailed audio description, has opened up a whole new level of access to such matter that previously was unavailable in an independent manner.

Yes, some of these "assistance required" tasks have been available thanks to some wonderful apps like Be My Eyes previously, however, with AI this information can be secured instantly, more importantly, independently and at any time by the end user.

Who knows what might lie ahead? Can real-time audio description utilizing a camera simulate what we see with our eyes be far behind? AI is evolving rapidly and although we may be apprehensive about its existence and future, the benefits for some should also be considered.

# The Evolving Understanding of Dry Eye Disease in Canada

## Why Early and Comprehensive Care Matters

Dry Eye Disease (DED), medically known as keratoconjunctivitis sicca, is recognized as a chronic condition that can significantly affect comfort, vision, and quality of life for millions of Canadians<sup>1, 2</sup>. Despite its prevalence, DED often goes undiagnosed or undertreated, leaving many people to cope with symptoms that could be better managed<sup>2</sup>.

### What We Now Know About Dry Eye Disease

DED is a multifactorial condition involving an imbalance of the tear film, which is essential for protecting and nourishing the ocular surface<sup>3</sup>. When this balance is disrupted through tear film instability, ocular surface inflammation, or epithelial damage, patients may experience irritation, fluctuating vision, and reduced quality of life<sup>3</sup>.

In Canada, surveys suggest that between 21% and 30% of adults experience DED symptoms<sup>2</sup>. This translates to more than 6 million Canadians affected—a significant public health consideration. Women and older adults are disproportionately impacted, in part due to hormonal changes associated with aging<sup>1</sup>.

September is recognized as Healthy Aging Month, a reminder that age-related changes can affect many aspects of health, including eye health. Dry eye is more common with aging<sup>1</sup>, making awareness and early management especially important for older adults. Environmental exposures such as Canada's cold, dry winters, indoor heating, and lifestyle factors like prolonged screen time and reduced blinking further worsen symptoms<sup>3</sup>.

### Types, Causes, and the Role of Inflammation

DED is broadly categorized into:

- Aqueous-deficient dry eye, where tear production is insufficient.

- Evaporative dry eye, the more common form, frequently associated with Meibomian Gland Dysfunction (MGD)<sup>3</sup>.

Inflammation is a central mechanism in both forms<sup>3</sup>. Left unchecked, it can create a cycle of worsening tear film instability, ocular surface damage, and persistent discomfort<sup>3</sup>. Evidence suggests that addressing inflammation directly is key to breaking this cycle and supporting longer-term management outcomes<sup>3</sup>.

### The Canadian Reality: Impact Beyond the Eyes

DED affects patients well beyond eye comfort. In Canada, the annual economic burden per patient has been estimated at \$24,331 CAD, with significant loss in productivity and quality of life<sup>4</sup>.

The World Health Organization (WHO) has acknowledged dry eye to be a substantial economic burden as it is a leading reason why people seek eye care services due to painful and troublesome symptoms. Furthermore, the WHO indicated that population ageing, coupled with environmental and lifestyle changes, will lead to an increase in the number of people with dry eye.<sup>5</sup>

Patients with DED often report challenges with reading, driving, computer use, and daily work activities, contributing to reduced performance and well-being<sup>2, 4</sup>. Research has also linked DED to higher rates of sleep disturbances<sup>6</sup> and an increased likelihood of anxiety or depression, highlighting its broader health impact<sup>7</sup>.



## Today's Approach: From Relief to Long-Term Care

Management of DED requires a layered approach tailored to each patient<sup>3</sup>:

- Artificial tears and lubricating drops are a first step, offering temporary comfort by supplementing the tear film<sup>3</sup>.
- OTC eye drops specifically indicated for dry eye go beyond general lubricants. These therapies are formulated to replenish and protect the tear film in ways designed for dry eye patients<sup>3</sup>.
- For individuals with chronic or more severe symptoms, advanced prescription therapies are available to help disrupt the inflammatory cycle that drives ongoing disease<sup>3</sup>. These options can support longer-lasting relief when over-the-counter measures alone are not enough<sup>3</sup>.

This stepwise strategy, from OTC options to targeted advanced therapies, allows care to be both personalized and progressive.

## The Role of Eye Care Providers

Healthcare providers are central to detecting and managing DED. Regular eye exams help identify tear film instability and ocular surface changes early, enabling preventive strategies and timely intervention<sup>3</sup>. Pharmacists can also reinforce adherence, provide guidance on correct drop administration, and recommend indicated OTC options<sup>3</sup>.

## Moving Forward: A Holistic Mindset

In 2025, the understanding of DED emphasizes chronic disease management rather than short-term relief<sup>3</sup>. Combining education, environment-based adjustments, OTC options, and advanced therapies when needed, may improve comfort, reduce disease burden, and enhance quality of life for Canadians living with dry eye<sup>2, 3, 4</sup>.

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# Seeing the Future:

Canadians Embrace Vision Health as a Priority – A Look at Awareness, Innovation, and What Comes Next

Canadians are increasingly informed and engaged when it comes to their eye health. A recent national survey by the Canadian Ophthalmological Society reveals a promising shift: Canadians understand the importance of vision care and are ready to champion progress in education, access, and innovation.



**Canadians overwhelmingly value access to leading-edge technologies**

## Innovation in Vision Care: A Shared Priority

Canadians overwhelmingly value access to leading-edge vision care technologies—and are eager to see these advancements become more widely available.

- 92% agree that access to innovation in eye care is important.
- Three in four Canadians feel confident in their current access to innovations, a strong foundation to build upon.

This positive outlook reinforces the importance of continued investment in research, technology and innovation, and system-wide improvements.

## Climate and Vision Health: A New Awareness

As environmental conditions evolve, Canadians are becoming more aware of how climate can affect eye health.

- 38% report that factors such as UV exposure, wildfire smoke, and cold winds have impacted their vision in the past year.

This growing awareness is a key opportunity to promote proactive eye protection and public education campaigns that help individuals safeguard their sight in changing environments.

## Protecting Young Eyes in Today's Digital World

Canadians are clearly attuned to the impact of screen time on children's vision—a sign of strong engagement in preventive care.

**82% express concern** about screen exposure in young people.

This concern supports a broader movement toward digital wellness, regular eye exams, and eye-friendly routines for kids.

Families are well-positioned to make informed choices that help preserve healthy vision from an early age.

### A Vision for the Future

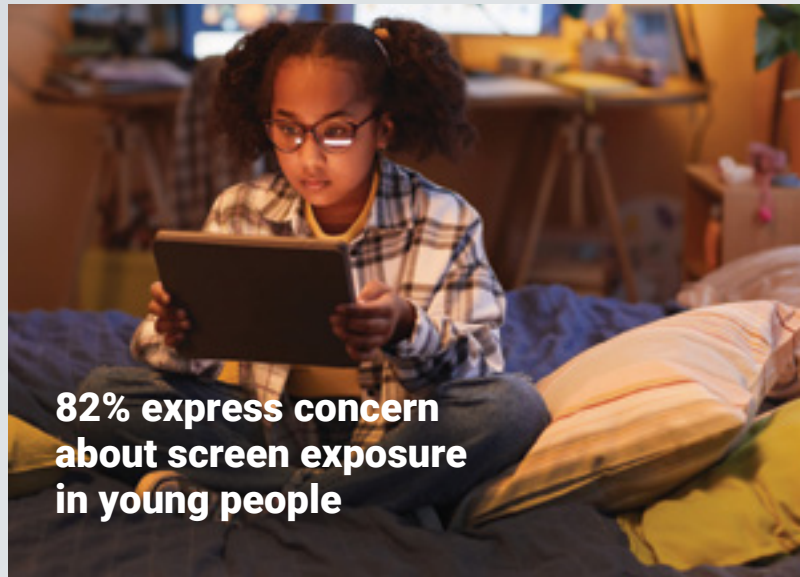
Canadians are becoming more engaged, informed, and optimistic about their eye health. As public understanding grows and new technologies become more accessible, there is clear momentum toward a healthier future for all.

By supporting:

- ✓ expanded education initiatives
- ✓ access to innovations
- ✓ continued policy advocacy

...the vision health community is well-positioned to meet Canadians' needs and ensure strong, clear sight for generations to come.

**92% agree that access to innovation in eye care is important**



**82% express concern about screen exposure in young people**

COS plays a pivotal role in ensuring excellence in eye care across Canada. With its members at the forefront of vision care as eye physicians and surgeons, the COS works to assist them to provide exemplary eye care. Collaborating with allies in eye health care and government, the Society seeks to improve vision health policy and initiatives.

Through strategic alliances and dedicated advocacy efforts, the COS aims to elevate awareness, mobilize resources, to prevent blindness, preserve vision, and improve overall eye health. Our mission underscores the importance of collective action and cooperation in safeguarding the precious gift of sight for all Canadians.



Canadian Ophthalmological Society  
Société canadienne d'ophtalmologie

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# Advocacy 101

## Advocacy is at the Heart of the Canadian Council of the Blind — But What Does It Mean to Be an Advocate?

JESSA ROSS

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Simply put, an advocate is someone who pushes for change. Whether this be at their workplace, in their hometown, or at the national level, an advocate sets a goal and works to accomplish it. With the passing of Bill C-284: the National Strategy for Eye Care Act, now is a great time to get involved in advocating for changes to how Canada approaches eye and vision health. There are many different ways to be an eye and vision health advocate. Not all advocacy happens at the national level. In fact, large advocacy movements often start with an individual or group of like-minded people. Most organizations differentiate between three kinds of advocacy: self-advocacy, community advocacy, and systems advocacy. These often reinforce or overlap with each other.

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From standing up for your rights to engaging with government officials, advocating helps shift harmful perspectives and systems.

### Self-advocacy

Most people practice self-advocacy every day. Being a self-advocate means sticking up for yourself and what you believe in. You are the best person to be advocating for yourself. You know your needs best and should feel confident bringing them to the attention of others, whether this be your friends, your community, or your municipal and provincial officials.

### A strong self-advocate:

- Consults trusted sources on eye and vision health, like their general practitioner, optometrist, or the Canadian Association of Optometrists.
- Stays educated on their rights and responsibilities.
- Stands up for themselves and their needs.
- Speaks up when they know something is wrong.
- Asks questions when they need clarification.
- Knows their strengths and weaknesses.
- Requests accommodations when they need them.
- Celebrates their achievements.
- Rests when they need to: self-advocating is hard work. Having self-care strategies at the ready can be beneficial.



## An advocate sets a goal and works to accomplish it.

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### Community Advocacy

By uniting with people who have shared experiences and goals, you can amplify your impact. The Canadian Council of the Blind knows the value of community. Our Chapters, which are all across Canada, are examples of how community advocacy can make real change.

#### Community advocates:

- Unite under a shared goal.
- Make connections across communities.
- Fundraise for the causes they support.
- Amplify the voices of people with lived experience.
- Share resources to help educate others about their cause.
- Reach out to decision makers and use their collective voice to make a difference.
- Ensure their campaigns are accessible and inclusive.

### Systems Advocacy

Systems advocacy is about changing the laws or policies that impact our lives. It can take time and persistence, but it often leads to significant changes for the better.

#### Systems advocacy looks like:

- Writing letters to government officials.
- Launching petitions to get the word out.
- Sharing posts on social media to extend the reach of the message.
- Meeting with their elected officials to have discussions about what matters to them.
- Partnering with organizations to provide a unified front.

Each level of advocacy is equally important. No matter how you choose to use them, your voice and perspective are powerful tools. From standing up for your rights to engaging with government officials, advocating helps shift harmful perspectives and systems. By taking action and working together, we can advance a culture of eye and vision health in Canada.

NATIONAL EDUCATIONAL ASSOCIATION OF DISABLED STUDENTS

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# AMI Announces New and Returning Content on AMI-audio, AMI-tv and AMI+

**AMI continues to create award-winning content by and for members of the disability community that truly resonates with Canadians of all abilities.**

“It’s really raw...doesn’t sugar coat and doesn’t exaggerate the struggle,” one AMI Research Panel member said of the AMI-tv/AMI+ docuseries *Crip Trip*.

“Love the messaging and inclusion awareness,” one fan wrote on social media about *Pretty Blind*, the new scripted comedy on AMI-tv/AMI+.

AMI is pleased to reveal its upcoming slate of new and returning series for AMI-audio, AMI-tv and AMI+.

## **New on AMI-audio**

### ***Reflections***

**Tuesday-Friday at 1 p.m. Eastern**

Hosted by Ramya Amuthan (Kelly & Company), *Reflections* listens in on how we make sense of the world, through conversation and the lens of the lived experience of the disability community, weaving our questions with your stories.

“*Reflections* offers a thoughtful exploration into something we may not have considered or experienced ourselves,” host Ramya Amuthan says. “Our reporters bring us a piece on something that’s





**Reflections** host Ramya Amuthan

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sparked their interest, anything from disappearing shirt pockets to the questions of AI relationships, losing things on public transit, to the state of accessibility in the beauty industry. It's a chance to deepen our understanding of the human stories that make up the world around us." Available as an audio podcast.

**Disability Rights, and Wrongs: The David Lepodcast**

In this audio podcast, outspoken disability rights advocate David Lepofsky and AMI's Jacob Shymanski welcome guests to discuss the latest in disability rights ... and wrongs.

**Returning series on AMI-audio**

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**Voices of The Walrus**

**Sunday, Wednesday, and Saturday at 8 a.m. Eastern**

Veteran radio broadcaster Roger Ashby takes you into the pages of *The Walrus*, and a chorus of vibrant voices brings to life essays and fiction from some of Canada's best writers. Available as an audio podcast.

**My Life in Books with Red Széll**

**Monday, and Thursday at 8 a.m. Eastern**

Join broadcaster Red Széll for *My Life in Books with Red Széll*, featuring one-on-one interviews with audiobook authors who discuss their life, works, and three books that have resonated with them. Available as an audio podcast.

**Maclean's Magazine**

**Tuesday and Friday at 8 a.m. Eastern**

Anastasia Maclean and Paul Berry present a selection of feature articles from the most recent edition of *Maclean's*.

**The Guardian Daily**

**Daily at 9 a.m. Eastern**

Hosted by Mike Ross, listen for a selection of feature articles from *The Guardian*, a British daily newspaper with a distinctly international outlook focused on politics, economics, and environmental issues.

**The Globe and Mail Today**

**Daily at 10 a.m. Eastern**

Corinne Van Dusen and Matt Speirs deliver the Canadian news, editorials and business, sports, and entertainment stories pulled from the latest edition of *The Globe and Mail*.

**The Washington Post This Week**

**Daily at 11 a.m. Eastern**

Shawn Lavigne and Paul Berry read American news and opinions from the latest edition of *The Washington Post*.

**Double Tap**

**Daily at Noon Eastern**

Tune in daily for new episodes of *Double Tap* for discussions, led by Steven Scott and Shaun Preece, on news, reviews, and technology stories of interest to people who are members of the blind, partially sighted, and disability community. Available as an audio podcast and video podcast on YouTube.

**Audiobook Café (formerly AMI Audiobook Review),  
Mondays, Saturdays, and Sundays at 1 p.m. Eastern**

Host Jacob Shymanski keeps you up to date with the latest audiobook releases and literary news! Tune in as he shares in-depth conversations with authors, narrators, and industry experts. Available as an audio podcast.

**Para Sport Nation**

**Sunday, Monday, and Saturday at 1:30 p.m. Eastern**

*Para Sport Nation* is where elite competition meets real stories from the world of Para sport. Hosted by Paralympian Nathan Clement and AMI's Alex Smyth, each episode dives into the athletes, events, and moments shaping adaptive sport in Canada and beyond. Also available as an audio podcast and video podcast on YouTube.

Visit [AMI.ca/channels](http://AMI.ca/channels) to find AMI-audio in your area.

AMI-audio programs are available free to download as podcasts on all major podcasting apps and platforms.





The season 2 cast of *Got Game*

## New series coming soon to AMI-tv and AMI+

### ***Adapting***

Between small town scandals, messy love triangles, and a whole lot of bad decisions, *Adapting* takes a heartwarming and raw look at disability, adolescence, and the minefield of family dynamics – dysfunction and all. Based on the concept by father-daughter writing duo Garner Ransom and Rachael Ransom, the series is inspired by Rachael's real-life experiences with cerebral palsy, offering a long-overdue, unfiltered look at disability.

### ***All In (with Tyler Turner)***

Paralympic champion Tyler Turner pushes beyond his limits in *All In (with Tyler Turner)*, an action-driven documentary series where he immerses himself in

unfamiliar adaptive sports, learning from elite athletes, and redefining what's possible.

### ***History in 60***

Journalist and author John Loeppky wants to tell the stories of Canada's evolving disability history ... and he wants to do it in 60 seconds. In each episode, John will dig into a moment of disability history and then take on the challenge of fitting it all into one minute.

### **Untitled April Hubbard documentary**

This powerful documentary follows April Hubbard, a determined advocate with a tethered spinal cord and chronic pain, who is navigating the end of her life. April's unwavering commitment to inclusivity, and her courageous decision to share her Medical Assistance in Dying (MAiD) journey sparks an emotional and thought-provoking narrative.

## Returning series to AMI-tv and AMI+

### **Our Community**

Returns Thursday, September 4, at 9:30 p.m. Eastern to AMI-tv and AMI+

Celebrating its 10th season on AMI-tv, the Golden Sheaf Award-nominated *Our Community* highlights the people, places and organizations that have made life more enjoyable for Canadians with a disability.

### **Game Changers**

Returns Thursday, October 2, at 9 p.m. Eastern to AMI-tv and AMI+

Dave Brown is back for Season 2! Each episode of *Game Changers* finds Dave Brown in his element, visiting stunning locales while spending the day chatting with notable Canadians. Upcoming guests in the 20-episode season include Mary Walsh (*This Hour Has 22 Minutes*), Olympic gold medal-winning hockey goaltender Sami Jo Small, comedian Courtney Gilmour, Barenaked Ladies' Kevin Hearn, hockey analyst and Internet personality Steve Dangle, Gavin Crawford (*Because News*) and professional race car driver Marie-Soleil Labelle.

### **Got Game**






Returns Wednesday, November 26, at 9 p.m. Eastern to AMI-tv and AMI+

Hosted by Joshua Ang, the six-episode second season of *Got Game* explores coming-of-age in a board game café as six youths with disabilities share their stories in a round table discussion while playing inclusive tabletop games. *Got Game* provides an outlet for youth with disabilities to share their feelings, frustrations, triumphs, ambitions, and general outlook on life with a disability. But it's not about defining these individuals by their disability; it's about recognizing the individualism of these youth aside from their disability.

Additional returning series coming soon include Season 2 of *Underdog Inc.*, Season 2 of *Pretty Blind*, Season 2 of *Crip Trip*, Season 2 of *The Squeaky Wheel: Canada*, Season 7 of *Postcards From...* and a brand new All Access Comedy special.

Visit [AMI.ca/channels](https://ami.ca/channels) to find AMI-tv in your area.

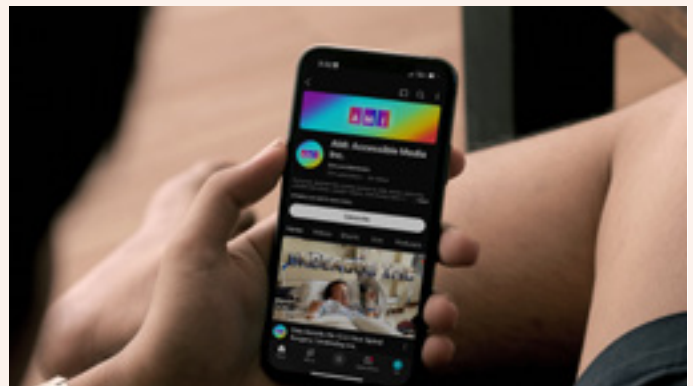
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Visit [AMIplus.ca](https://amiplus.ca) today!



Looking for exclusive AMI content you won't get anywhere else? Head to our YouTube channel for video highlights, curated playlists and more! Head to [YouTube.com/AccessibleMedia](https://YouTube.com/AccessibleMedia) now!

Keep up to date on everything going on at AMI and in the community we serve by signing up for the AMI newsletter at [ami.ca/newsletter](https://ami.ca/newsletter) and have it delivered straight to your inbox.

Want to have input into the future of programming at AMI? Join our Research Panel at [ami.ca/researchpanel](https://ami.ca/researchpanel).

AMI-audio, AMI-tv, and AMI-télé are all available as part of basic digital packages offered by most television providers across the country. If you have basic cable, you have access to AMI.




The 1944 Legacy Society is an esteemed group of likeminded individuals who encourage members to include the Canadian Council of the Blind in their wills. By doing so, 1944 Legacy Society members are honouring their commitment to a better future for all Canadians. Members are recognized on a Digital Donor Wall and receive an exclusive pin.

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# YOUR LEGACY GIFT

Donations through wills are often tax beneficial to your estate and loved ones while offering you the opportunity to empower the blind community. Your legacy can live on through technology training, preventive eye health advocacy, and innovative research.

Including a gift in your will can take various forms, such as a percentage of your estate or property, a fixed amount, or stocks and other investments. Consult a legal professional to create a lasting legacy for the blind, and to ensure your Will is binding, accurate, and optimized for tax benefits.

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# For the First Time in Canada, Surgeons Put Teeth in Patients' Eyes to Restore Sight

Surgery aims to restore sight by implanting a telescopic lens in a tooth

SHEENA GOODYEAR, CBC NEWS

When Brent Chapman's doctor first pitched him on the idea of having one of his own teeth surgically embedded in his eye to restore his sight, he says he felt "a little apprehensive."

But then he spoke to a woman in Australia who had undergone the same procedure to tremendous success.

"She had been completely blind for 20 years, and is now snow skiing," Chapman, 33, of North Vancouver, said. "I know it sounds a little crazy and science fiction-y."

Chapman, who is blind in both eyes, is one of three Canadians undergoing osteo-odonto keratoprosthesis (OOKP) – or as it's more commonly known, tooth-in-eye surgery – at a B.C. hospital this week.

It involves removing a patient's tooth, usually the canine, installing a plastic optical lens inside it, and then implanting the whole thing into the eye.

While it dates back several decades, the surgery has never been performed in Canada before now. And if all goes well, one of the doctors behind the initiative hopes to make it available in the long-term.

### How does it work?

Why a tooth? Because teeth have dentine, which is the hardest substance the body produces, making it the ideal casing to bridge the plastic lens and the patient's eye, says Dr. Greg Moloney, an ophthalmologist and surgeon at Mount Saint Joseph Hospital in Vancouver.

"There is no risk of rejection, because we're using part of the patient's own body," he told *As It Happens* host Nil Köksal.

Moloney headed up the trio of Canadian surgeries this week. All of them went smoothly, he says, though the patients will be monitored closely.

He has performed seven successful tooth-in-eye surgeries in his native Australia before being recruited to do them in Canada. He says he's used to people reacting to it with shock and horror.



**Brent Chapman has been blind or partially blind since he experienced a rare auto-immune condition when he was 13 years old. He hopes osteo-odonto keratoprosthesis will restore his sight for good. Photo submitted by Phil Chapman.**

"It is a rare operation that most people have not heard of, even if you are an eye surgeon," Moloney said.

It's not a cure-all for every vision problem, he says. It's specifically meant for people with severe corneal blindness in the front of the eyes caused by conjunctival scarring from autoimmune diseases, chemical burns and other traumas, but who still have healthy retina and optic nerves in the back of their eyes.

And often, Moloney says, it's the last resort when all other options fail.

That's because it's quite intensive, he says. It involves two surgeries, several months apart, which means Chapman and the two other Canadian patients will return to the operating room later this year.

During the first surgery, Moloney and his colleagues remove the patient's tooth, shave it down into a rectangle, and drill a small hole in it to accommodate the lens.

They then remove scar tissue from the patient's eye and fill it with a small flap of soft tissue from inside their cheek.

Finally, they implant the tooth-encased lens inside the cheek so that it can grow new tissue around it.

A few months later, they go back in, remove the tooth from the cheek and sew it into the front of the eye, underneath the cheek tissue. The result is a pink-coloured eye with a small black circle, through which the patient can see.

Because the surgery is so intensive, he says they only perform it in one eye.

The procedure is not risk-free, says Moloney.

"With any ocular surgery of any kind, there's a chance that we could introduce infection and lose all our vision," he said.

However, he says the surgery has been performed for several decades in 10 countries, including the U.K. and Australia, with a high success rate.

A 2022 study out of Italy found that, on average, 27 years after surgery, 94 per cent of patients could still see.

"The risk-reward ratio for these patients, when they have no vision at all, is well worth it, we think," Moloney said.

Chapman, who spoke to CBC the day before his first surgery, says it's worth trying.

The massage therapist says he could see just fine until he was 13 years old, when he took some ibuprofen after a school basketball game, triggering a rare auto-immune reaction known as Stevens-Johnson syndrome.

He was in a coma for 27 days, and had severe burns all over his body, including his eyes. His sight never fully recovered.

Over the last 20 years, he says he's had about 50 surgeries, including 10 corneal implants. Sometimes, he says, they work for a few months. One restored partial vision for two whole years.

But, inevitably, he always loses his sight again.

"When I get it back, you know, it would be sort of this great rush," he said. "Then I'd lose it again and it would be heartbreaking, and I sort of sank into this depression."



**Doctors perform Canada's first tooth-in-eye surgery on Gail Lane of Victoria, B.C., on Feb. 25, 2025, in Vancouver. Photo by Providence Health Care.**

He's hopeful these two surgeries at Mount Saint Joseph Hospital will be his last.

"I've been imagining myself, you know, playing basketball again and shooting hoops," he said. "I'd like to travel more and, you know, just see the world."

Moloney's goal is to keep helping patients like Chapman in Canada by opening the country's first OOKP clinic at Mount Saint Joseph.

The St. Paul's Foundation charity has raised \$430,000 to start the clinic and fund it for three years, after which the B.C. health agency Providence Health Care will fold it into its annual budget.

Dr. Samir Jabbour, an ophthalmologist at the Centre hospitalier de l'Université de Montréal, called the new clinic a "great opportunity for Canadian medicine."

Jabbour, who was not involved in the B.C. surgeries, says there are very few cases in which a patient would require this kind of rare and complex surgery. But when it happens, they have to shoulder the cost of travelling outside the country.

"The fact that we have it now in Canada definitely makes it much easier for patient care," he said.

Chapman says he's incredibly grateful to Moloney and everyone else who made this possible.

"Hopefully, this'll break some ground," he said. "If there's other people in Canada that maybe need this and it becomes, you know, an established thing here, I'd feel really great about that."

## International Blind Ice Hockey Series Leads to Montreal for the First Time Ever!

PHOTO BY CANADIAN NATIONAL BLIND HOCKEY TEAM

Earlier this year, the 2025 Canadian National Blind Hockey Team earned its sixth consecutive championship and defended its title against Team USA in Montreal, in partnership with Défi sportif AlterGo.

This year's National Team featured 20 players representing seven different provinces spanning the country from BC to Newfoundland.

"We're thrilled with the level of talent on the 2025 National Team and so proud of all the hard work these players put in to training to represent our country; it wasn't an easy decision as the caliber of skill keeps levelling up," explains GM of the Canadian National Blind Hockey Team, Luca DeMontis. "We want to thank Défi sportif AlterGo for welcoming our organization to host our tournament during their 42nd celebration and we were happy to put on a great tournament for all the spectators in Montreal!"

This is the first time since 2011 that Blind Hockey was featured during Défi sportif AlterGo.

"During the sports first appearance at Defi sportif in 2010 leaders from across the then very small Blind Hockey community held the founding meeting for what would eventually become Canadian Blind Hockey," explains Matt Morrow, Executive Director at Canadian Blind Hockey. "It's incredible to be here 15 years later to celebrate the growth of the Para sport across Canada and around the world, and to be able to host the 6th International Blind Ice Hockey Series. Thank you to all our partners who have helped us get here, especially the CNIB Foundation for supporting Blind Hockey across Canada."

The Para sport of Blind Hockey is played by athletes who are blind or partially sighted using an adapted puck that is larger than a traditional puck and makes noise. At the international level players must be classified under the same system used in the Paralympics and have 10% vision or less. The Para sport is played in 13 cities across Canada as well as the USA, England, Finland, Sweden, and Russia. Currently only Canada and the USA have national teams however Canadian Blind Hockey is working with international partners to grow the game with the hopes



**"The talent on this National Team is unmatched across the board and I'm proud of everyone for showing up and training hard this season."**

of establishing a World Championship and creating a pathway to the Paralympics.

"The talent on this National Team is unmatched across the board and I'm proud of everyone for showing up and training hard this season," said head Coach Paul Kerins. "This 2025 team is going to take this Para sport to the next level, and I was so excited to coach the players in Montreal."

# Eye issues aren't always obvious

The Canadian Association of Optometrists (CAO) urges eye exams for children with a new awareness campaign

DR. ALLISON SCOTT  
President, Canadian Association of Optometrists



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SEE YOUR OPTOMETRIST.  
[GetEyeWise.com](http://GetEyeWise.com)

**A**s we celebrate Children's Vision Month, the CAO is launching a new digital awareness campaign to address children's vision care and the rising epidemic of myopia.

"Raising public awareness about the importance of regular eye exams for early detection remains crucial to improving eye care outcomes for Canadians, from toddlers to seniors", says Dr. Allison Scott, CAO President. "Unfortunately, eye health often doesn't receive the same level of attention as other routine health care. Many parents assume they would know if their child was struggling to see, and children with vision problems are generally unaware of their condition, because they assume everyone sees the way they do".

## **It is never too soon to see an optometrist!**

The CAO recommends that parents schedule comprehensive eye exams for their children starting at six to nine months, then again between the ages of two and five years, and annually thereafter to age 19. After 19, eye development stabilizes, check-ups are recommended every two years for healthy adults with no known eye conditions. Routine eye exams are crucial, even if no symptoms are evident, to catch potential issues early and ensure timely intervention. Optometrists frequently encounter 'invisible' eye issues like amblyopia, colour deficiencies and problems with eye coordination, and even myopia. These aren't rare, but they often go undetected because of lack of awareness. Parents are often surprised when we diagnose their child with an ocular issue. Reassuring them, explaining that these things aren't always obvious, leads to a better understanding of the importance of regular comprehensive eye exams.

Many parents are also surprised to learn that optometrists regularly perform eye exams on infants as young as six months. Some assume a child needs to be able to read before an optometrist can do an

eye exam. But while the exams for youngest patients look different than those for adults, they are highly informative. Optometrists detect, prevent and help manage visual impairments and congenital conditions that, if left untreated, can hinder visual development, motor skills, and even social interaction.

## **Fighting the Blur**

Detecting conditions like myopia early on means taking measures right away to halt or slow the progression. Research shows that myopia (or nearsightedness) is occurring at earlier ages starting in childhood (6-7 years of age) and progressing at a more rapid rate than the previous generations. This is concerning, given that high levels of myopia can lead to sight-threatening conditions, including retinal detachments, cataracts, glaucoma, and myopic maculopathy. People with myopia will have trouble seeing distant objects, such as road signs, whiteboards, movie screens and TVs. Myopia has both a genetic and environmental component, including increased near work and screen time in children.

Focusing on prevention, early detection and timely treatment of vision problems set the foundation for lifelong eye health, and beyond. Maintaining good habits beyond the exam room will also help minimize the impact of vision conditions and eye diseases like myopia. Spending more time outdoors and limiting screen time are beneficial for healthy development, both for ocular health as well as overall health.

This month, we invite our community to boost public awareness about children's vision care through a simple yet potent message:

## **Eye issues aren't always obvious**

To find more about the CAO's next awareness campaign, please visit [opto.ca](http://opto.ca) or follow us on social media.



CANADIAN ASSOCIATION OF OPTOMETRISTS  
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES

## This Darts League is a Bull's-Eye for Some in Windsor's Blind Community

Organizers say, to their knowledge, they are the only blind darts league in Canada

KATERINA GEORGIEVA, CBC NEWS

A new darts league in Windsor, Ont., is bringing blind and partially sighted people together – offering both a sense of inclusion and joy.

“It gives all of us an opportunity to feel like we just belong,” said organizer Peter Best, a longtime disability advocate who is blind.

It started with a suggestion at the local Royal Canadian Legion Branch as they brainstormed possible activities for the local blind community, given that there aren't many available to them, Best explained.

“I said, ‘Why don't we play darts?’ And they said, ‘Well—wait a minute. You've got blind, visually impaired people throwing sharp objects around a crowded room?’” Best chuckled.

“I said, ‘It sounds perfect.’”

Best and fellow organizer Sharron Jarvis got the green light from the legion, which offered them complimentary use of the space, and started up the league earlier this year.

While there is a blind darts team in the United Kingdom, Best says that to his knowledge, the Windsor league is the only blind dart group in Canada.

The Windsor league has about nine players, and volunteer score keepers and guides who support the process.

A volunteer will line up players who need guidance at the regular line eight feet away from the dart board, make sure they're centred, facing the right direction, hand them the darts, and then make sure the area is clear before anyone throws the darts.

“We do it very safely... Nobody's been injured and everybody keeps coming back,” Best said.

Best's cousin Gary Best has been volunteering as a guide since the league began.

“I'll tell you; they have improved since the beginning and they're getting better,” he said, also pointing out that they're using real darts, not plastic ones.

“They're starting to hit the board really good now.”

They also compete in different categories based on how much vision different players have: B1 for individuals who are totally blind, B2 for those with light perception and some shadows, and B3 for those with partial sight.

Carole Beaulieu, one of the players who is blind and plays in the B1 category, says the league is all about “having fun.”

“I had never played darts before and I just thought that it would be a really nice social thing to do,” she said.

Beaulieu says she enjoys connecting with other individuals who have the same type of life skills and experiences that she has – and that the league has really filled a need since the pandemic because there hasn't been much available in terms of community activities for blind and partially sighted people.

“We still have something to offer and we're enjoying it, and the legion has been so welcoming, so we just feel as if we belong,” she said.

It's exactly that feeling of “camaraderie” that motivated Sharron Jarvis to work with Peter Best to help organize the league.

Jarvis is legally blind with partial sight but can't see detailed objects.

“It's been a wonderful learning experience because we all have our coping mechanisms, and I've learned a lot through other people that have disabilities the same as I do, how to cope,” she said. “And so that's been great.”

Best says it's all about inclusion.

“It also demonstrates that when you have a disability, you know, you can find a way to get things done,” he said.

The group wrapped up its season in May but plans to start back up in the fall.



Gary Best (right) is pictured here guiding Peter Best (left) as he prepares to take a shot at the dart board. Photo by Katerina Georgieva, CBC.



## Ottawa's Blind and Low-Vision Community Visits the Rideau Center to Test the GoodMaps App

SHELLEY ANN MORRIS, DAVID GREENE AND NOLAN JENIKOV

PHOTOS BY GOODMAPS

Earlier this year, members of Ottawa's Blind and Low-Vision community had the opportunity to test the GoodMaps indoor navigation app at the CF Rideau Centre.

Navigation in large, multi-level shopping malls can be challenging for everyone, but particularly for those with visual impairments. This event provided valuable insights into how well the app functions for individuals who are blind or have low vision.

GoodMaps representatives, in collaboration with CCB and CNIB, invited participants to test the app and provide feedback on its accessibility and effectiveness.

Three staff members from the CCB took part in the testing, all of whom use VoiceOver on their iPhones. One participant, a low-vision user, also had high-contrast mode enabled.

GoodMaps operates similarly to outdoor GPS but is designed for indoor use. To navigate, users hold their phone's camera outward to 'see' the surroundings and receive turn-by-turn guidance. During the testing, representatives from GoodMaps and CNIB provided training and assistance, actively listening to feedback from participants to identify areas for improvement.

The app is user-friendly, with built-in tutorials that make it easy to get started. Users simply type the name of the store or service they are looking for, and the app provides a detailed map with step-by-step directions. An alphabetical directory makes it even easier to locate specific destinations within the mall.

For low-vision users, the app overlays green chevrons on the map for visual guidance, while VoiceOver provides spoken directions. One suggestion from testers was to increase the contrast of these chevrons to make them more visible. The app also offers precise guidance; if a user veers too far left, haptic feedback and VoiceOver alerts, such as "Eleven O'clock," help them correct their course. A similar response occurs when veering too far right, with "One O'clock" providing auditory feedback.

A key feature of the app is 'panning,' which involves slowly moving the phone's camera from left to right to help the app determine the user's location and plan the best route. However, it is important to note that panning is only necessary at the beginning of a journey and infrequently during a trip if the app loses track of the user's position. GoodMaps



### GoodMaps App (continued)

includes a tutorial to assist users in mastering this essential function.

Accessibility for users with mobility challenges is also a priority. The app allows users to plan routes that avoid stairs and escalators, a feature that developers plan to make even more prominent and user-friendly.

One challenge encountered during testing was poor cellular reception in certain areas of the mall, requiring users to log in to the Rideau Centre's Wi-Fi. Unfortunately, the login process was not fully accessible, highlighting the need for organizations to collaborate with the blind and low-vision community to ensure seamless access.

Safety concerns were also discussed. Holding a phone in an upright position for navigation may not be ideal in busy public spaces, where it could be bumped or knocked from the user's hand. Additionally, those using white canes, guide dogs, or wheelchairs may find it difficult to hold their phone while navigating. Testers emphasized the need for creative hands-free solutions to enhance safety.

Overall, GoodMaps has the potential to greatly improve navigation at the CF Rideau Centre. For individuals with 'tunnel vision,' for example, locating a specific store while navigating can be extremely difficult. The app's organized directory reduces the need for aimless searching and allows users to discover new shops and services they might otherwise miss.

#### A User's Perspective – David's Experience:

As someone with only light perception, I found GoodMaps both helpful and intriguing. The Rideau Centre is a place where I typically struggle to navigate independently. During testing, I successfully located three different destinations on separate floors without difficulty.

However, I did notice that the app consumes significant battery power, especially when holding the phone vertically and using the panning feature. Additionally, in crowded areas, there is a risk of the phone being knocked from my hand. I would recommend gathering as much information as possible before starting a journey and using the app only when necessary to conserve battery life. Despite these concerns, I highly recommend GoodMaps for situations where navigation is particularly challenging or when no other options are available.

#### A User's Perspective – Nolan's Experience:

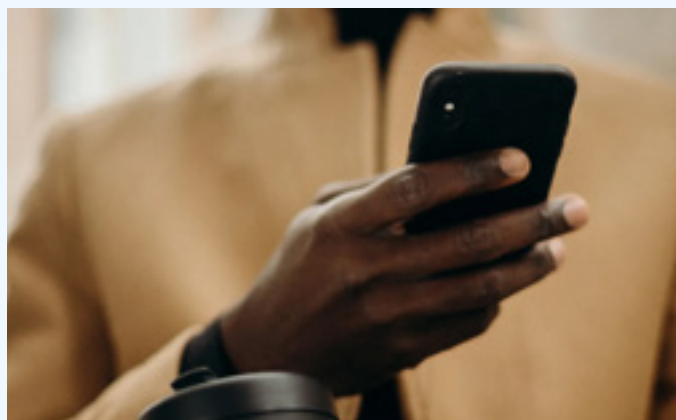
As a wheelchair user who is also blind, I found GoodMaps to be both highly accurate and very useful. However, I quickly realized that having a strong cellular or Wi-Fi connection is essential, as the app constantly checks the visual information gathered from the phone's camera against its online map while navigating. This means that users may need to plan ahead and ensure a stable connection, particularly in areas with poor reception.

I was particularly interested in how GoodMaps' feature that avoids steps would work for wheelchair users. While I anticipate a positive experience, I am eager to hear from others in the community about how well this feature functions in practice and whether they encounter any challenges.

Overall, I was very excited to try out GoodMaps, and I believe it shows a lot of promise. I highly encourage others to test it and share their feedback. To further practice using the app, I plan to visit the mall during a less busy time to refine my navigation skills.

One consideration I need to explore further is how to carry my phone while navigating. Since both of my hands are occupied when moving, I may need a good chest mount to hold my phone securely. However, I also want to ensure that I can still feel the haptic vibrations from the app, as these provide crucial feedback – such as when I veer off course or when the absence of vibrations confirms that I am on the correct path.

GoodMaps is currently available for use at the CF Rideau Centre and its LRT station. We encourage members of the community to try it out and share their experiences!



# Vision Without Borders

## Reflections from the 2025 World Blindness Summit

BY LOUISE GILLIS, IMMEDIATE PAST PRESIDENT, CANADIAN COUNCIL OF THE BLIND

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SÃO PAULO, BRAZIL | SEPTEMBER 1–5, 2025

As the vibrant city of São Paulo welcomed delegates from over 190 countries, the 11th World Blind Union (WBU) General Assembly and World Blindness Summit became a powerful testament to global unity, advocacy, and progress. Representing the Canadian Council of the Blind (CCB), Leslie Yee (First Vice President) and I had the privilege of attending this landmark event, which marked the beginning of CCB's 2025–2026 season with renewed purpose and insight.

### A Global Gathering for Change

The World Blind Union continues to challenge stereotypes, dismantle barriers, and amplify the voices of blind and partially sighted individuals worldwide. This year's summit was no exception. From plenary sessions to grassroots forums, the event showcased the diversity of lived experiences and the collective drive to improve quality of life for people with vision loss.

### Women's Forum: Building a Manifesto for Equity

Sunday afternoon featured two parallel forums: the Women's Forum and the Youth Forum. While two young CNIB interns participated in the Youth Forum, Leslie and I attended the Women's Forum, where we each moderated discussion groups – Leslie opened the day, and I closed it.

Organized and chaired by Diane Bergeron (CNIB), Chair of the WBU Women's Committee, the forum adopted a horizontal, experience-based format. Rather than rigid thematic blocks, the agenda prioritized the territorial and personal contexts of participants. This approach fostered deep listening, collaborative construction, and political advocacy.

With over 190 registered participants – a record turnout – the forum culminated in the drafting of a manifesto. This document, rich with insights and



Delegates at the 2025 World Blindness Summit.



Louise Gillis stands outside on the street of Sao Paulo with WBU attendees.

recommendations, will guide the Women's Committee's work over the next four years to elevate the status of blind and low-vision women globally. It wasn't just about visibility – it was about building lasting change.

### Opening Ceremony: Culture and Connection

Sunday evening's opening ceremony set the tone with heartfelt remarks and lively Brazilian entertainment, celebrating the spirit of inclusion and international collaboration.

### Plenary Highlights: Braille, AI, and Climate Action

From Monday to Wednesday, the summit featured a dynamic mix of plenary and concurrent sessions. The first plenary, “200 Years of the Braille System: From Slate to Display,” explored the evolution of braille and its integration with artificial intelligence and assistive technologies. Speakers emphasized that tactile literacy remains essential for empowerment, independence, and employment.

Another standout session focused on humanitarian emergency readiness. Moderated by Diane Bergeron, panelists from Denmark, South Africa, Ukraine, and the United States discussed climate change, environmental disasters, and inclusive strategies to ensure that visually impaired individuals are not left behind during crises.

### Concurrent Sessions: A Wealth of Knowledge

Leslie and I strategically attended different concurrent sessions to maximize our learning. Topics ranged from:

- Turning global commitments into local realities
- Cultural accessibility as a universal right
- Maximizing inclusion for people with low vision
- Employment for all
- Blindness, intersectionality, and diversity
- Technology and innovation
- Health and visual impairment

The summit also included games and entertainment for non-delegates, and a bustling exhibition hall showcasing the latest in accessible tech and services.

### General Assembly: Leadership and Elections

The official WBU General Assembly ran Thursday through Friday, with 420 delegates participating either in person or online. Elections were conducted via paper ballot and digital platforms to accommodate all attendees.

### Meet the 2025–2029 WBU Table Officers:

#### President

Santosh Kumar Rungta, India

#### First Vice President

Cristina Chamorro, Spain

#### Second Vice President

Yaw Ofori-Debra, Ghana

#### Secretary General

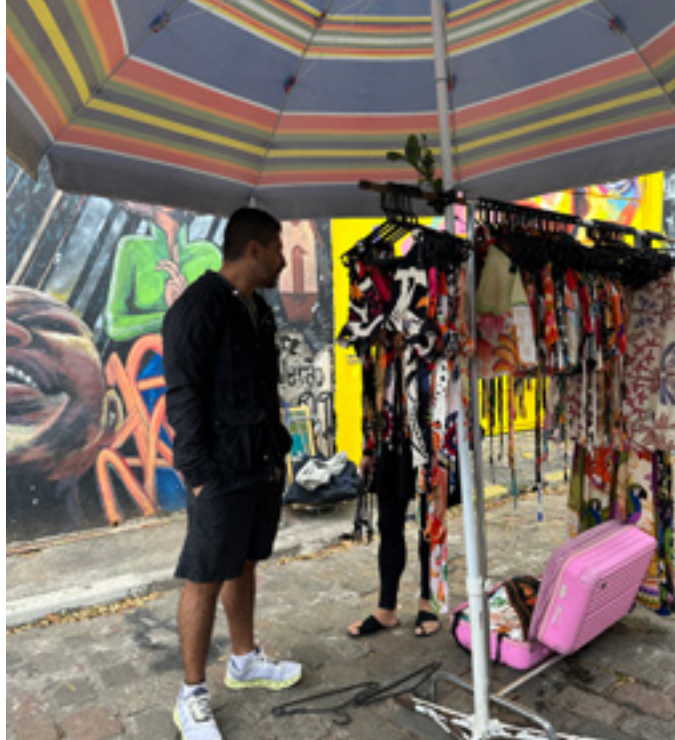
Moises Bauer Luiz, Brazil

#### Treasurer

Alejandro Antonio Paz Ambrosio, Guatemala

#### Immediate Past President

Martine Abel-Williamson, New Zealand



A vendor on the street of São Paulo stands by his clothing rack.



A selfie of Louise Gillis, Leslie Yee, and other WBU attendees.

While we were disappointed that Canada’s nominee, Diane Bergeron, narrowly missed election as President – possibly due to timing changes and technical issues – we remain proud of her leadership and advocacy.

### A Week of Connection and Purpose

Despite some logistical challenges, the summit was an unforgettable experience. Leslie and I were inspired by the passion and resilience of our global peers. We reconnected with old friends, forged new relationships, and returned home with fresh ideas and renewed commitment.

Our Canadian team was incredibly supportive throughout the week, and we look forward to continuing our collaborative efforts to improve the lives of blind and partially sighted individuals across Canada and beyond.



# Why Every Child Deserves a Head Start

## The Case for Mandatory Eye Exams in Ontario

BY SUZANNE DECARY, SENIOR VP OF PROGRAMS AT CNIB

When you think about what a child needs to thrive in school, you probably picture pencils, backpacks, and a lunchbox. But what about healthy eyes?

Research tells us that 80% of learning in the classroom is visual, yet in 2023, only 7% of four-year-olds and 8% of five-year-olds had a comprehensive eye exam, despite exams being fully covered by OHIP for anyone under 19. Every year, approximately 123,000 children enroll in junior kindergarten in Ontario, and studies show that 10% of these children will need glasses.

That means thousands of children are entering school without knowing if they can see the blackboard, read a book, or follow along with the class. And undetected

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# This fight is about creating a future where vision care is recognized as essential, and where no child has to struggle simply because they can't see clearly.

vision problems don't just affect grades. Undetected sight loss can influence a child's social development, self-esteem, and even future job opportunities.

## The Solution? Start Early, Check Often.

CNIB, alongside the Canadian Association of Optometrists and other partners, is calling for our education and health systems to enact policy that strongly encourages:

- First eye exam at 6 months
- Another between ages 2 and 4, before starting school
- Annual exams every year after age 5

This isn't just about a quick screening. It's about a continuum of care – making sure children who need treatment get it, and that no one falls through the cracks.

To make this vision a reality, bolder policy will help. CNIB is advocating for:

- 1. Pediatric care that promotes vision health.** Primary care providers should talk about eye health and encourage eye exams at every stage – newborn, pre-school, and school-age.
- 2. School checklists that include eye exams.** Just like vaccines and dental checks, parents should see an eye exam on their school's registration and back-to-school checklists.
- 3. Redirecting screening dollars.** Instead of funding outdated vision screenings in schools, let's invest in public awareness campaigns that promote comprehensive eye exams.
- 4. Modernized health records.** As Ontario moves toward digital vaccine cards, add eye exams to the online record so vision care becomes part of every child's health journey.

## Parents, Partners, and Advocates Agree

Healthcare and education leaders are standing with us:

*"Eye exams performed before school begins can spot problems that might otherwise remain hidden, impacting a child's academic progress and social development."*

– Ottawa Network for Education

*"By embedding regular eye examinations into early childhood assessments, this will help close the gaps in vision care and increase public awareness."*

– Canadian Ophthalmological Society

Ontario has a chance to lead the country, but we're not starting from scratch. British Columbia launched a 2025 pilot program delivering free, comprehensive eye exams – and free glasses if needed – directly in schools. Quebec runs the *À l'école de la vue* program, offering vision screenings for all kindergarten children, even in remote regions. And in the U.S., states like Illinois, Kentucky, and Missouri already require proof of an eye exam before school entry.

## A Clear Future for Ontario's Kids

By making eye exams a standard part of early childhood health, Ontario can ensure every child walks into the classroom ready to learn, to play, and to thrive.

For children living with sight loss – and for the entire CNIB community – this fight is about creating a future where vision care is recognized as essential, and where no child has to struggle simply because they can't see clearly.





# Is wet AMD disrupting life's best moments?



There are solutions that can help.  
Talk to your ophthalmologist.

**Visit [www.VisionCanContinue.ca](http://www.VisionCanContinue.ca)**



If you require this information in an accessible format, please contact Roche at 1-800-561-1759.

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# Shining a Light on AMD

## Addressing Awareness, Early Detection, and Resources for Vision Health in Canada

**C**hanges in vision should never be ignored, as even minor differences can be an early sign of eye disease. However, for conditions like Age-related Macular Degeneration (AMD), vision loss and other symptoms can often go initially unnoticed. AMD is one of the leading causes of vision loss in Canada in people over 55, with 2.5 million Canadians currently living with the condition. Coupled with an aging population, the prevalence of AMD is projected to rise significantly to an estimated 4.2 million by 2050. Recognizing the importance of early detection and proactive care is crucial in combating this growing public health challenge.

AMD impacts central vision, making everyday tasks, such as driving, reading, or facial recognition, more challenging. It has two types: dry and wet AMD. When someone ages, the macula – a key part of the retina

responsible for central vision, gets thinner. In Dry AMD, this thinning can cause fat deposits called drusen to build up and damage the eye. In Wet AMD, this may result in abnormal blood vessels that burst, leaking blood and leading to vision loss. Of the two types, Dry AMD is typically more widespread and less severe than its wet counterpart.

A recent study shed light on the substantial challenges faced by individuals with AMD, revealing that a majority (60–80%) of participants reported difficulty with routine activities such as reading, driving, and personal care. AMD can have a significant emotional toll on those diagnosed with it, often leading to feelings of fear, frustration, or exhaustion due to the loss of independence. In fact, more than half of those with AMD reported experiencing feelings of loneliness and isolation related to their condition.



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# 75% of all vision loss and blindness can be prevented or treated if diagnosed early.

## More awareness around AMD is needed among Canadians

Adding to the emotional toll that can come with AMD is the challenge of accessing important information about treatment options. A recent Canadian survey of people with wet AMD and their caregivers found that fewer than half (47%) of caregivers are aware of new treatments for AMD, compared to 64% of patients. This highlights a substantial gap in treatment awareness that needs to be addressed. In addition, nearly 80% of patients and caregivers affected by AMD agreed that more awareness and attention should be given to wet AMD and its treatments. As some people with the condition may feel uncomfortable or unprepared to discuss their condition or treatment options with healthcare professionals, it is important for people to have the right tools in their back pocket, so they can feel empowered to have conversations about their vision health with their doctor.

Caregivers can play a crucial role in helping people with AMD navigate their eye care journey, but also assist with things like attending appointments and managing their daily activities. In fact, 70% of those with AMD reported that they relied on someone else's assistance with these tasks in the past month.

## Resources and guidance for people living with vision loss

Despite gaps in awareness around available treatment options, there is hope. The good news is that 75% of all vision loss and blindness can be prevented or treated if diagnosed early. However, this requires being proactive about vision care through regular eye check ups and monitoring for vision changes. Lack of education and awareness about eye diseases and treatment options is a key gap which creates challenges for Canadians with AMD.

For those recently diagnosed with AMD or other eye conditions, having the right information is key

to navigating your eye health journey. Whether you're seeking tips on how to best prepare for your appointment, or searching for additional resources to enhance your understanding of your eye health, you can visit [www.EyeHealthMatters.com](http://www.EyeHealthMatters.com) to help you navigate your eye care journey. Here are just some of the key resources available on the website:

- Diabetic Retinopathy (DR): A Quick Guide
- Pan-Retinal Photocoagulation (PRP): A Quick Guide
- Age-Related Macular Degeneration: A Quick Guide
- Eye Injections: A Quick Guide
- Preparing for Your Ophthalmologist Visit: A Quick Guide
- Retinal Vein Occlusion (RVO): A Quick Guide
- Resources and Support for People with an Eye Disease
- Transportation Resources Guide

If you would like to feel more prepared for your next visit to your ophthalmologist, but are unsure of what questions to discuss, here are a few helpful questions to guide your conversation:

1. What options exist for my wet AMD?
2. What can I do to maximize my vision?
3. How can I better manage my condition?

It's essential to have open and ongoing conversations with your eye care professional about your vision health. If you notice any changes in your vision, don't hesitate to reach out and speak with them. Early action and proactive communication are crucial steps in maintaining your eye health and quality of life.

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*This article is sponsored by Hoffmann-La Roche Limited (Roche Canada).*

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# Canadian Vision Stakeholders

# Partenaires canadiens de la vision



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# Friends of the Canadian Council of the Blind

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# Braille Literacy Canada

## Canada's Braille Authority

For many Canadians who are blind or with low vision, braille is the key to literacy and independence. Braille is for the blind, what print is for the sighted. Braille Literacy Canada educates and advocates for equitable and timely access to high-quality braille for those who are blind, DeafBlind, or who have low vision. We believe in a world where braille is universally acknowledged, respected, accessible, and integrated into every facet of society.

Come join us! Being a member gives you a voice in our work, and access to tools to help you advocate for access to braille. Visit [brailleliteracycanada.ca/en/membership](https://www.brailleliteracycanada.ca/en/membership)

For more information visit our website:  
[www.brailleliteracycanada.ca](https://www.brailleliteracycanada.ca)  
or email us at [info@blc-lbc.ca](mailto:info@blc-lbc.ca)



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of  
lost vision  
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Sight is our window to the world. It connects us, guides, and inspires us. At Astellas, we are committed to researching advanced eye diseases such as geographic atrophy.



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