ᒥᑦᑕᐃ ᑕ ᓚᐃᒋᐃᑯᓇᓂᓪᐊᔅ ᐊᓪᑲ ᐱᑭᐅᓪᐃᓪᐃᓇ ᐅ ᑭᑦᑭᑲᒐᑭᐅ ᓚᐃᒋᐃ ᑯᔭᔅ ᑭᑦᑭᔅᑯᔅ ᐅᑲ ᑭᒋᒪᓂᑐᑕᑯᔭᔅ ᑲ ᒪᖕᑲᓪᐊᔅ ᐃᖕᑯᒐᑦᐱᓯᒧᔅ ᑲ ᐅᒋᐸ ᓂᔅ ᑭ ᐅᒋ ᑭᓂᐸ ᐅᓱᐅᒪᑲᔅ ᐊᔭᓪᑲ ᑦᒐᔭᐱᓪᐃᔅᑲ ᒥᔅᑲᑭ ᑭ ᒪᔅᑭᑦᑕᒪᑯᔭᔅ ᐅᑯᑕᓂᒐᓪᑲᑭ ᐅ ᒥᒋᓇᓂᓪᐊᔅ ᐅᖕᑭ ᒥᓂ ᔭᓂᑦᑕ ᒥᒋᒪᖕᑲ ᑭ ᓪᐊᐸᒋᑲᒐᑦ ᓂᑦᑕᐅ ᓪᐃᒋᐃᓪᐅᒪᑲᑭᓵ

ᐊᔭᒥᐃᑯᔅ ᑲᓇᑕ ᐊᑦᑭᔅ ᒪᒪᓪᐃ ᐊᑐᑦᑭᓪᐃᔅ ᒥᑦᑭᔅᓪᑲᐱᑦᑯ ᔅᑐᑯᓄᓇᔅ ᒥᑦᑭᔅᑯᔅᑐᑯᓄᔅ ᐅᒋ ᓂᑦᑕ ᐱᑯ ᑭᔅᓪᐊᔅ ᑭᔅ ᐃᑕᓪᐃᓂᔅ

ᐃᔅ ᐊᔭᒥ 1 888 263 4676

ᓂᑦᑕ ᐱᑯ ᒪᓪᐊᐱᔅ ᐅᑕ www.opto.ca

ᓪᐊᐱᓪᐃᔅ ᓂᑦᑕ ᒥᑦᑭᔅᑯ ᒥᓄ ᐱᒪᑎᓯᓪᐃᔅ ᐊᔅᑕ ᐅᒋ ᓪᐊᐱ ᓪᐃ ᑭᒋ ᐊᑐᑦᑭᓪᐃᓂᔅ ᑲᓇᑕ ᐊᑦᑭᔅ ᐅ ᓪᐃᒋ ᐊᑐᑦᑭᑦᑕᑭᔅ ᐊᓂᐃᓵ

NATIONAL COLLABORATING CENTRE FOR ABORIGINAL HEALTH

ᒥᓯᓪᐅᑦᑲᒥᑲᔅ ᓪᐊᓪᐃᒋᐃᔅᓪᐃᑲᒥᔅ ᐃᓂᓂᓪᐃ ᒥᓄ ᐱᒪᑎᓯᓪᐃᔅ ᐅᒋ

The Canadian Association of Optometrists

ᑲᓇᑕ ᐊᑦᑭᔅ ᒪᒪᓪᐃ ᐊᑐᑦᑭᓪᐃᔅ ᒥᑦᑭᔅᓪᑲᐱᑯ ᔅᑐᑯᓄᓇᔅ ᐅᒋ

VISION INSTITUTE

ᓪᐊᐱᓪᐃ ᑭᒋ ᐊᑐᑦᑭᓪᐃᔅ

---

www.nccah.ca · www.opto.ca · visioninstitute.optometry.net

ᐊᔭᓪᑲᑦᑐᔭᑦᐱᓂᓪᐃᔅ

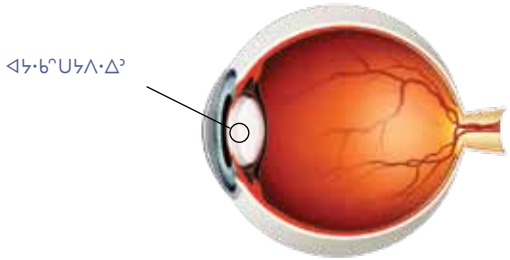
ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐅᔾ

ᕿᑊᒃ ᐅᒪ ᐊᔭᑊᒃᑐᔭᖕᐱᓐᓂᐅᔾ

ᐃᖕᐱ ᐊᓂᒪ ᑭ ᐸᐊᐱᐅᔾ ᐱᒋ ᑭᖕᑭᓯᑯᔅ ᑲ ᐊᑎ ᐱᑭᖓᔭᐱᔅ ᐊᐅᓇ ᓐᑕ ᑲ ᐸᐊᐱᑐᐊᐱᔅ ᐅ ᐅᑯᒪ ᐊᔭᑊᒃᑐᔭᐱᖕᑲᑯᓇᓂᐊᔾ ᑲ ᐃᒋᑲᑐᔅᓐ ᓇᓇᑲᑭ ᐃᖕᐸᓂᑭ ᒥᖕᑕᐃ ᑲ ᐱᑭᖓᔭᐱᓇᓂᐊᓄᑦᑭ ᑲ ᐸᐊᐱᑐᐊᐱᓇᓂᐊᓂᕐᑭ ᑲ ᐸᔭᑐᓇᔾ ᒥᖕᑕᐃ ᐅᑲ ᐅ ᐊᑎ ᐸᐊᐱᓇᓂᐊᔾᓐ

ᐊᐅᓇ ᕿ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐅᔅ

ᒥᕿᔅ ᐊᓂᑭ ᐊᐊᓯᑐ ᔾᑯᑦᓱᒥᑕᓇ ᑲ ᐃᑕᑐ ᐱᐳᓐᓂᓯᒋᖕᐊ ᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐅᔅᐊᔾ ᔭᑯᔅ ᒪᑲ ᓐᑕ ᒥᖕᑲᑊᑲᓇᓐᓇᔾ ᐅᒪ ᐃᑕᖕᐱᓐᓂᒋᔾ ᑲ ᐅᔾᑭ ᐱᒪᑎᓯᒋᔾ ᐊᔭᔅ ᓐᑕ ᑲ ᐅᔾᑭ ᒋᒋᔭᔅᐃᒋᔾᓐ



ᕿᑲᔾ ᑲ ᐃᑐᕿᒪᑲᔾ ᕿ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐅᐊᐅᓇ

ᒧᓇ ᐊᐅᓂᑲᔾ ᐧᒥᒋ ᑭᖕᕿᓂᑕᑦ ᑲ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᔾᓐ ᑭᖕᕿᓂᒋᑲᑐᔅ ᐅ ᐊᒋᐸᓂᔾ ᕿᑊᒃ ᑭᖕᑭᓯᑯᔅ ᑲ ᐅᒋ ᐊᑎ ᐱᑭᖓᓂᑲᑐᔾ ᐧᐊᐱᐃᔾᓐ ᒪᖕᑯᔅ ᐅ ᐊᖕᖕᕿᐸᓂᔾ ᐧᐃᒋᔅᓂᔅᐃᔾ ᑲ ᐊᑯᓯᓂᕿᑦ ᐊᐅᓂᑲᔾ ᖕᑕ ᐅ ᐊᓂᖕᕿᐸᓂᔾ ᐧᐃᒋᔅᓂᔅᐃᔾ ᑲ ᐊᑯᓯᓂᕿᑦ ᐊᐅᓂᑲᔾ ᖕᑕ ᐱᑯ ᐅ ᐱᐧᑕᓂᔾ ᖕᑕ ᐱᑯ ᑲ ᐸᐸᑭ ᐊᒥᔾ ᐅᑯᓇᓇ ᖕᑕ ᐅᑯᑕᓂ ᕿ ᐅᒋ ᓇᓂᖕᓂᓇᓂᔾ ᑭᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᔾᓐ ᐅᔭᑦ ᑲᑭᓇᔾ ᒥᖕᑭᓯᑦᑲ ᑕ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᔾ ᖕᑯᔅ ᒪᑲ ᒥᕿᑦᑕ ᓇᒪᖕᑯᔅ ᑕ ᐃᖕᐸᓂᔾᓐ

ᑕᑭ ᑭᐱᒋᑕᓂᐊᔾ ᓇ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐅᔾ

ᐊᓄᔅ ᐧᐃᓇ ᒧᓇ ᐃᑕᑊᒃᑐ ᑕᑦᐯ ᕿᑊᒃᑐ ᐅᑲ ᕿ ᐅᒋ ᐃᑕᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐅᔅᐃᔾ ᒥᖕᑕᐃ ᑕ ᐧᐃᒋᐃᑯᓇᓂᐊᔾ ᐊᑊᒃᐱᕿᐅᐧᐃᓐᐃᓇ ᐅ ᑭᖕᑭᑲᑎᑭ ᐅ ᐧᐃᒋᐃᑯᔾ ᑭᖕᑭᓯᑯᔾ ᐅᑲ ᑭᒋ ᒪᓂᑐᑕᑯᔾ ᑲ

ᒪᖕᑲᔅᐊᔾ ᐃᖕᑯᑎᑦ ᐱᓯᒧᔾ ᑲ ᐅᒋᐸᓂᔾ ᕿ ᐅᒋ ᑭᓂᐸ ᐅᓯᐅᒪᑲᔾ ᐊᔭᑊᒃᑐᔭᐱᐃᔅᐃᔾ ᑲ ᒥᕿᑭᑭ ᕿ ᒪᕿᕿᖕᑕᒪᑯᔾ ᐅᑯᑕᓂ ᑎᔅᑲᑭ ᐅ ᒥᒋᓇᓂᔅᐊᔾ ᖕᐅᑭ ᒥᓂᔅ ᖕᑕ ᒥᒋ ᒪᖕᑲ ᖕᑕ ᐊᓇᔅᐊᔾ ᑲ ᐅᑎᓂᑲᑎᑭ ᒪᖕᑲᔅᐃᑲᖕᐅ ᑲᑯᓇᓂᔅᐊᑭᑕᐱᖕᑯᖕ ᐅ ᓯ ᖕᑕ ᐃ ᖕᑕ ᓗᑎᔾ ᖕᑕ ᑭ ᖕᐊᐸᒋᑲᑎᑭ ᖕᑕ ᐅ ᐧᐃᒋᐃᔅᐅᒪᑲᔾᓐ ᑲ ᐊᑑᐃᓂᑲᑎᑭ ᑲ ᓱᑲ ᐊᑭ ᒥᒋᒪ ᖕᑕ ᑕᑭ ᓇᑲᓂᑲᑎᑭᖕ ᓇᖕᓂᓂᔅᐃᔾ ᕿ ᐅᒋ ᐅᑎᑎᑯᓇᓂᔅᐊᔾ ᐊᔭᑊᒃᑐᔭᐱᔅᐃᔾ ᐅ ᒪᔅᐃᔾ ᓇᒥᖕ ᐅ ᒥᕋᔾ ᓂᖕᑐ ᑲ ᐃᑕᓯᓇᑎᑭ ᓇᒥᓯᐱᒥᔾ ᑲ ᐅᒋᐸᓂᑭ ᐅᒋᐸᓂᖕ ᐅᑲ ᓱᑭ ᑭᒋ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᔾ ᐊᔅᐅᓇ ᖕᑕ ᐱᑯ ᐊᔅᐊᓯᑎ ᑭᒋ ᐊᑎ ᐃᑎᓇᓂᔅᐊᔾᓐ

ᕿᒃᑐᔾ ᑲ ᐃᑐᕿᒪᑲᔾ ᕿ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐅᐊᔅᐅᓇ

ᒧᓇ ᐊᔅᐅᓂᑲᔾ ᐧᒥᒋ ᑭᖕᕿᓂᑕᑦ ᑲ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᔾᓐ ᑭᖕᕿᓂᒋᑲᑎᑭ ᐅ ᐊᒋᐸᓂᔾ ᕿᑊᒃ ᑭᖕᑭᓯᑯᔾ ᐅᑲ ᑭᒋ ᐊᑎ ᐱᑭᖓᓂᑲᑎᔾ ᐧᐊᐱᐃᔾᓐ ᒪᖕᑯᔅ ᐅ ᐊᑎᓂᖕᕿᐸᓂᔾ ᕿᑊᒃ ᐅ ᐊᓂᖕᕿᐸᓂᔾ ᐊᑯᓯᓂᔅᐃᓂᔾ ᑲ ᐊᑯᓯᓂᕿᑦ ᐊᐅᓂᑲᔾ ᖕᑕ ᐱᑯ ᐅ ᐱᐧᑕᓂᔾ ᖕᑕ ᐱᑯ ᑲ ᐊᐸᑭ ᐊᒥᔾ ᐅᑯᓇᓇ ᖕᑕ ᐅᑯᑕᓂ ᕿ ᐅᒋ ᓇᓂᖕᓂᓇᓂᔾ ᑭᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᔾᓐ ᐅᔭᑦ ᑲᑭᓇ ᒥᖕᑭᓯᑦᑲ ᑕ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᔾ ᖕᑯᔅ ᒪᑲ ᒥᕿᑦᑕ ᓇᒪᖕᑯᔅ ᑕ ᐃᖕᐸᓂᔾᓐ

ᑕᑐᔾ ᐅᒋ ᑭᖕᕿᓂᑲᑎᔾ ᐃᖕᐱ ᑲ ᐊᔭᑊᒃᑐᔭᐱᔾ

ᑕᑐᓂ ᐧᑲᔭᖕᔾ ᑕ ᑲᓇᐊᐸᑦᑦ ᒥᖕᑭᓯᑯᓂᑭ ᒥᖕᑭᓯᑦᑲᐱᖕᑯ ᐧᑐᑯᓇᔾ ᖕᑕ ᑭᒋᖕᐅ ᒥᖕᑭᓯᑯ ᐧᑐᑯᓇᔾ ᑭᒋ ᐅᒋ ᑭᖕᕿᓂᑲᑎᔾ ᑭᔅᓗᐱᔾ ᑲ ᐊᑎ ᐅᓇᐅᒪᑲᔾ ᐊᔭᑊᒃᑐᔭᐱᔅᐃ ᐃᑕᖕᐱᓐᓂᐅᔅᐃᔾᓐ

ᑕᐧᑐ ᐅᑐᒋᑲᑎᔾ ᐅ ᐧᑐᑯᑕᓂᐧᐊᔾ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐅᔅᐃᔾ

ᓂᖕᑕᑦ ᐅ ᐊᑎ ᑭᑐᑎᒪᑲᔾ ᐊᔭᑊᒃᑐᔭᐱᔅᐃᔾ ᐊᐱᔅᐯ ᐱᑯ ᑲ ᒥᑯᐯᑲᒋᑯᓇᓂᔾ ᐧᐊᐱᔅᐃᓂᔾ ᑭᖕᕿᔅᑲᐱᖕᑯ ᐧᑐᑯᓇᔾ ᑭ ᑲ ᒥᓂᔅ ᐅᔾᑭ ᒥᖕᕿᔅᑲᐱᖕᑲ ᑲ ᑭᐯᑲᒧᔅᐊᓐ ᒥᖕᕿᔅᑲᐱᖕᑲ ᒪᔅᐊᔾ ᑭ ᐅᒋ ᓇᐊᐱᔾᔅᓇ ᐃᖕᐱ ᒪᑲ ᑲ ᐊᑎ ᒥᑯᐯᑲᒋᐃᑯᔾ ᐅ ᐊᑎ ᐊᔭᑊᒃᑐᔭᐱᔭ ᐧᐊᐱᐃᔾ ᑭᖕᕿᓂᑲᑎᔾ ᐧᐊᐱᔅᐃᓇᔾ ᑭᖕᕿᔅᑲᐱᖕᑯ ᐧᑐᑯᓇᔾ ᑭ ᑲ ᐃᑐᒪᒧᔅᐊᔾ ᑭᖕᕿᔅᑲᐱᖕᑲ ᑭᔭᐱᔾ ᐊᑕᔅᐃᓇ ᑭ ᑲ ᐱᑭᖓᓂᔾᔅᓇ ᑭᔾ ᐅᔾᑭ ᒥᖕᕿᔅᑲᐱᖕᑲ ᓇᐅ ᑕᔅᐊᔾᑭ ᑲ ᐃᔾᔅᑲ ᒪᒥᕿᔅᐊᔅᐊᓇ ᑭ ᑲ ᐃᖕᑲᔾᔅᓇ