

How Might Counselling Help?

- Have someone to listen to and talk with about the challenges of vision loss
- Increase motivation and independence
- Enhance family support
- Receive encouragement
- Problem solving
- Develop coping skills
- Become more confident
- Gain a greater sense of control
- Discuss living with uncertainty/ deal with fears
- Smoking Cessation Counselling



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<https://uwaterloo.ca/sight-enhancement/>

WATERLOO
OPTOMETRY &
VISION SCIENCE



Counselling Services



UNIVERSITY OF WATERLOO **Optometry**
Clinics

Counselling Services

The Low Vision Rehabilitation Counsellor provides:

- Support to individuals living with low vision in person or by telephone
- Individual, couple or family counselling
- Assistance with vocational adjustment and career planning
- Information about resources and referral to community services
- Advocacy for clients
- Information about programs and services that may provide financial assistance to individuals with low vision
- Smoking Cessation Counselling

What is the Cost for Counselling?

There is no extra charge for counselling sessions for people who are patients of the Low Vision Clinic.

How Many Sessions Will I Be Allowed?

Initially you may schedule up to 6 sessions with a counsellor per year. Additional sessions may be added based on need and funding.

How is CSE Funded?

The activities of the CSE are paid for by professional fees for services, research grants, private donations and funding from the Waterloo Wellington Local Health Network and the Ontario Government.

Views expressed do not necessarily reflect those of the Ontario Government.

The Centre for Sight Enhancement (CSE)

The CSE is a clinical, teaching and research unit in the University of Waterloo's School of Optometry and Vision Science. It investigates visual function in people with visual impairments of all ages.

The CSE provides a variety of services:

- Low vision assessment
- Prescription of low vision devices
- Instruction & rehabilitation
- Activities of daily living assessment
- High technology assessments
- Assessment for Ministry of Transportation Vision Waiver Program