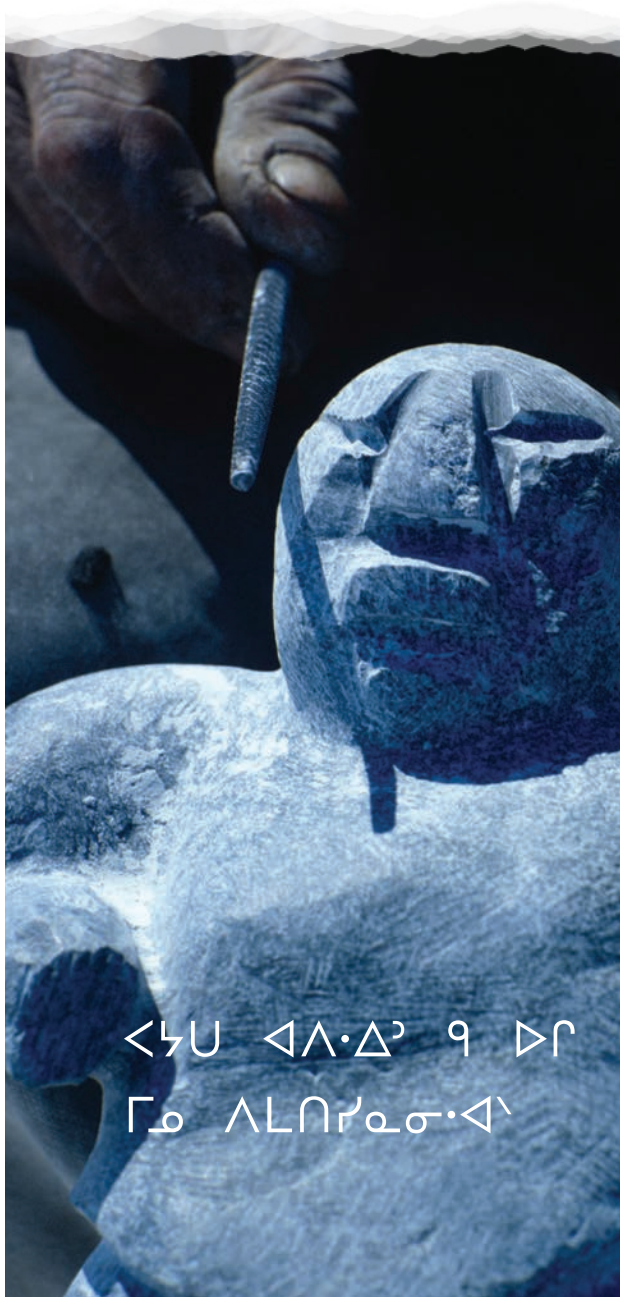
ᐊᔭᑉᑲᑦᑐᔭᑦᐱᓄᑉᐃᑦ



ᒥᑦᑕᐃ ᑕ ᑉᐃᒋᐃᑯᓇᓂᑉᐊᑦ ᐊᑉᑲ ᐱᑭᐅᑉᐃᑉᐃᓇ ᐁ ᑭᑦᑭᑲᑐᑭᐁ ᑉᐃᒋᐃ ᑯᔭᑦ ᑭᑦᑭᓱᑯᑉ ᐁᑲ ᑭᒋᒪᓂᑐᑕᑯᔭᑦ ᑲ ᒪᑉᑲᑉᐊᑉ ᐃᑉᑯᑐᑉᐱᓯᒧᑉ ᑲ ᐅᒋᐸ ᓂᑉ ᑭ ᐅᒋ ᑭᓂᐸ ᐅᓱᐅᒪᑲᑉ ᐊᔭᑉᑲ ᑦᑐᔭᐱᑉᐃᑦᑉᑲ ᒥᓱᑲᑭ ᑭ ᒪᓱᑭᑦᑕᒪᑯᔭᑦ ᐁᑯᑕᓂᑐᑉᑲᑭ ᐁ ᒥᒋᓇᓂᑉᐊᑉ ᐅᑉᑭ ᒥᓂ ᔅᓄᑦᑕ ᒥᒋᒪᑉᑲ ᑭ ᑉᐊᐸᒋᑲᑐᑉ ᓄᑦᑕᐁ ᑉᐃᒋᐃᑉᐁᒪᑲᑭᓵ

ᐊᔭᒥᐃᑯᑉ ᑲᓇᑕ ᐊᑦᑭᑉ ᒪᒪᑉᐃ ᐊᑐᑦᑭᑉᐃᑦ ᒥᑦᑭᓱᑉᑲᐱᑦᑯ ᑦᑐᑯᓄᓇᑉ ᒥᑦᑭᓱᑯᑦᑐᑯᓄᑦ ᐅᒋ ᓄᑦᑕ ᐱᑯ ᑭᓱᑉᐊᑉ ᑭᑊ ᐃᑕᑉᐃᓂᑉ

ᐃᓱ ᐊᔭᒥ 1 888 263 4676

ᓄᑦᑕ ᐱᑯ ᒪᑉᐊᐱᑉ ᐅᑕ www.opto.ca

ᑉᐊᐱᑉᐃᑦ ᓄᑦᑕ ᒥᑦᑭᓱᑯ ᒥᓄ ᐱᒪᑎᓯᑉᐃᑦ ᐊᑦᑕ ᐅᒋ ᑉᐊᐱ ᑉᐃ ᑭᒋ ᐊᑐᑦᑭᑉᐃᓂᑉ ᑲᓇᑕ ᐊᑦᑭᑉ ᐁ ᑉᐃᒋ ᐊᑐᑦᑭᑦᑕᑭᑉ ᐊᓂᐃᓵ

NATIONAL COLLABORATING CENTRE FOR ABORIGINAL HEALTH

ᒥᓯᑉᐁᑦᑲᒥᑲᑉ ᑉᐊᑉᐃᒋᐃᓱᑉᐃᑲᒥᑉ ᐃᓂᓂᑉᐃ ᒥᓄ ᐱᒪᑎᓯᑉᐃᑦ ᐅᒋ

The Canadian Association of Optometrists

ᑲᓇᑕ ᐊᑦᑭᑉ ᒪᒪᑉᐃ ᐊᑐᑦᑭᑉᐃᑦ ᒥᑦᑭᓱᑉᑲᐱᑯ ᑦᑐᑯᓄᓇᑉ ᐅᒋ

VISION INSTITUTE

ᑉᐊᐱᑉᐃ ᑭᒋ ᐊᑐᑦᑭᑉᐃᑦ

---

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

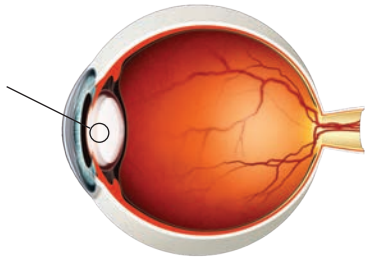
ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐊᕐ

ᕿᑊᒃ ᐅᒪ ᐊᔭᑊᒃᑐᔭᖕᐱᓐᓂᐊᕐ

ᐃᖕᐱ ᐊᓂᒪ ᑭ ᐸᐊᐱᐊᕐ ᐱᒋ ᑭᖕᑭᓯᑯᒃ ᑲ ᐊᑎ ᐱᑭᖓᔭᐱᐟ ᐊᐅᓇ ᓐᑕ ᑲ ᐸᐊᐱᑐᐊᐱᐟ ᐅ ᐅᑯᒪ ᐊᔭᑊᒃᑐᔭᐱᖕᑲᑯᓇᓂᐊᕐ ᑲ ᐃᒋᑲᑐᒃᓵ ᓇᓇᑲᑭ ᐃᖕᐸᓂᑭ ᒥᖕᑕᐃ ᑲ ᐱᑭᖓᔭᐱᓇᓂᐊᓄᑦᑭ ᑲ ᐱᓂᖕ ᒥᖕᑕᐃ ᑲ ᐸᐊᐱᑐᐊᓇᓂᐊᓂᕐᑭ ᑲ ᐸᔭᑐᓇᒃ ᒥᖕᑕᐃ ᐅᑲ ᐅ ᐊᑎ ᐸᐊᓇᓂᐊᒃᓵ

ᐊᐅᓇ ᕿ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐟ

ᒥᕐᐟ ᐊᓂᑭ ᐊᐊᓯᑐ ᐅᑯᑦᓱᒥᑕᓇ ᑲ ᐃᑕᐅ ᐱᐳᓐᓂᓯᒋᖕᐊ ᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐊᕐ ᔭᑯᒻ ᒪᑲ ᓐᑕ ᒥᖕᑲᐊᑲᓇᓐᓇᕐ ᐅᒪ ᐃᑕᖕᐱᓐᓂᒋᕐ ᑲ ᐅᕐᑭ ᐱᒪᑎᓯᒋᕐ ᐊᔪᒻ ᓐᑕ ᑲ ᐅᕐᑭ ᒋᒋᕐᔪᒋᕐᓵ



ᕿᑊᒃ ᑲ ᐃᑐᒋᕐᒪᑊᒃ ᕿ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐸᐊᐅᓇ

ᒧᓇ ᐊᐅᓂᑊᒃ ᐧᒥᒋ ᑭᖕᕿᓂᑕᕐ ᑲ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᕐᓵ ᑭᖕᕿᓂᒋᑲᑐᒃ ᐅ ᐊᒋᐸᓂᕐ ᕿᑊᒃ ᑭᖕᑭᓯᑯᒃ ᑲ ᐅᒋ ᐊᑎ ᐱᑭᖓᓂᑲᑐᒃ ᐧᐊᐱᐊᐧᕐᓵ ᒪᖕᑯᒻ ᐅ ᐊᑎ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᕐ ᐅ ᐊᓂᖕᕿᐸᓂᕐ ᐧᐃᒋᓕᓂᐧᐃᓂᕐ ᑲ ᐊᑯᓯᓂᕐᕿ ᐊᐧᐅᓂᑲᒃ ᖕᑕ ᐅ ᐊᓂᖕᕿᐸᓂᕐ ᐧᐃᒋᓕᓂᐧᐃᓂᕐ ᑲ ᐊᑯᓯᓂᕐᕿ ᐊᐧᐅᓂᑲᒃ ᖕᑕ ᐅᑯᑕᓂ ᕿ ᐅᒋ ᓇᓂᖕᓂᓇᓂᐊᕐ ᑭᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᕐᓵ ᐅᔭᑦ ᑲᑭᓇᕐ ᒥᖕᑭᓯᑦᑲ ᑕ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᕐ ᓇᑯᒻ ᒥᖕᑕᐃ ᑲᑕᖕᐱᓐᓂᐊᕐᓵ ᐅᔭᑦ ᑲᑭᓇᕐ ᒥᖕᑭᓯᑦᑲ ᑕ ᐃᖕᐸᓂᐊᓇ ᕿᑊᒃ ᑭᖕᑭᓯᑦᑲ ᑕ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᕐᓵ ᓇᑯᒻ ᒥᖕᑕᐃ ᑲᑕᖕᐱᓐᓂᐊᕐᓵ ᐅᔭᑦ ᑲᑭᓇᕐ ᒥᖕᑭᓯᑦᑲ ᑕ ᐃᖕᐸᓂᐊᓇ

ᕿᑊᒃ ᑲ ᐃᑐᒋᕐᒪᑊᒃ ᕿ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐸᐊᐅᓇ

ᒧᓇ ᐊᐅᓂᑲᒃ ᐧᒥᒋ ᑭᖕᕿᓂᑕᕐ ᑲ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᕐᓵ ᑭᖕᕿᓂᒋᑲᑐᒃ ᐅ ᐊᒋᐸᓂᕐ ᕿᑊᒃ ᑭᖕᑭᓯᑯᒃ ᑲ ᐅᒋ ᐊᑎ ᐱᑭᖓᓂᑲᑐᒃ ᖕᑕ ᐅ ᐊᓂᖕᕿᐸᓂᕐ ᐧᐃᒋᓕᓂᐧᐃᓂᕐ ᑲ ᐊᑯᓯᓂᕐᕿ ᐊᐧᐅᓂᑲᒃ ᖕᑕ ᐱᑯ ᐅ ᐱᐧᑕᓂᐧᐃᒃ ᖕᑕ ᐱᑯ ᑲ ᐊᐸᑕᑭ ᐊᒥᕐ ᐅᑯᓇᓇ ᖕᑕ ᐅᑯᑕᓂ ᕿ ᐅᒋ ᓇᓂᖕᓂᓇᓂᐊᕐ ᑭᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᕐᓵ ᐅᔭᑦ ᑲᕿᓇᕐ ᒥᖕᑭᓯᑦᑲ ᑕ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐊᕐ ᖕᑯᒻ ᒥᖕᑕᐃ ᑲᑕᖕᐱᓐᓂᐊᕐᓵ ᐅᔭᑦ ᑲᑭᓇᕐ ᒥᖕᑭᓯᑦᑲ ᑕ ᐃᖕᐸᓂᕐ

ᑕᑭ ᑭᐱᒋᑕᓂᐧᐊᒃ ᓇ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐊᕐ

ᐊᓄᒻ ᐧᐃᓇ ᒧᓇ ᐃᑕᐧᑲᕐ ᑕᐧᐯ ᕿᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐊᕐ ᐅᑲ ᕿ ᐅᒋ ᐃᑕᐧᑲᒃ ᐊᔭᑊᒃᑐᔭᐱᐧᐃᓐᓂᐊᕐᓵ ᒥᖕᑕᐃ ᑕ ᐧᐃᒋᐃᑯᓇᓂᐧᐊᕐ ᐊᐧᑲᐱᕿᐅᐧᐃᓇᓇ ᐅ ᑭᖕᑭᑲᑎᑭ ᐅ ᐧᐃᒋᐃᑯᒃ ᑭᖕᑭᓯᑯᒃ ᐅᑲ ᑭᒋ ᒪᓂᑐᑕᑯᒃ ᑲ

ᒪᖕᑲᐧᐊᒃ ᐃᖕᑯᑎᖕ ᐱᓯᒧᒃ ᑲ ᐅᒋᐸᓂᒃ ᕿ ᐅᒋ ᑭᓂᐸ ᐅᓯᐅᒪᑲᒃ ᐊᔭᑊᒃᑐᔭᐱᐧᐃᓐᓂᕐᓵ ᑲ ᒥᕐᑭᑭ ᕿ ᒪᕐᕿᕐᑕᒪᑯᔭᒃ ᐅᑯᑕᓂ ᑎᐧᑲᑭ ᐅ ᒥᒋᓇᓂᐧᐊᒃ ᐅᖕᑭ ᒥᓂᔭ ᖕᑕ ᒥᒋ ᒪᖕᑲ ᖕᑕ ᐊᓇᐧᐊᒃ ᑲ ᐅᑎᓂᑲᑎᑭ ᒪᖕᑲᐧᐃᑲᖕᖕ ᑲᑯᓇᓂᐧᐊᑭᑕᐱᖕᑯᖕ ᐅ ᖕᑭᐸᒋᑲᑎᖕ ᖕᑕ ᐅ ᐧᐃᒋᐃᐧᐅᒪᑲᒃ ᑲ ᓇᖕ ᐊᑭ ᒥᒋᒪ ᖕᑕ ᑕᑭ ᓇᑲᓂᑲᑎᖕ ᓇᖕᓂᓯᐧᐃᕐ ᕿ ᐅᒋ ᐅᑎᑎᑯᓇᓂᐧᐊᒃ ᐊᔭᑊᒃᑐᔭᐱᐧᐃᓐᓂᕐᓵ ᐅ ᒪᐧᐃᐟ ᓇᒥᖕ ᐅ ᒥᕋᒃ ᓂᖕᑐ ᑲ ᐃᑕᓯᓇᑎᑭ ᓇᒥᓯᐱᒥᒃ ᑲ ᐅᒋᐸᓂᑭ ᐅᒋᐸᓂᖕ ᐅᑲ ᓱᑭ ᑭᒋ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᐟ ᐊᐧᐅᓇ ᖕᑕ ᐱᑯ ᐊᐧᐊᓯᑐ ᑭᒋ ᐊᑎ ᐃᑎᓇᓂᐧᐊᒃᓵ

ᕿᒃᑐᒃ ᑲ ᐃᑐᒋᕐᒪᑊᒃ ᕿ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐸᐊᐧᐅᓇ

ᒧᓇ ᐊᐧᐅᓂᑲᒃ ᐧᒥᒋ ᑭᖕᕿᓂᑕᕐ ᑲ ᐅᒋ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐧᐊᒃᓵ ᑭᖕᕿᓂᒋᑲᑐᒃ ᐅ ᐊᒋᐸᓂᕐ ᕿᑊᒃ ᑭᖕᑭᓯᑯᒃ ᑲ ᐅᒋ ᐊᑎ ᐱᑭᖓᓂᑲᑐᒃ ᐧᐊᐱᐧᐃᒃᓵ ᒪᖕᑯᒻ ᐅ ᐊᑎ ᐊᔭᑊᒃᑐᔭᐱᓇᓂᐧᐊᒃᓵ ᐅᔭᑦ ᑲᑭᓇᕐ ᒥᖕᑭᓯᑦᑲ ᑕ ᐃᖕᐸᓂᐊᓇ ᒧᓇ ᑕᐱᖕᑯᒻ ᐅᔭᑦᑲᒃ ᑕ ᐃᖕᐸᓂᐊᓇ

ᑕᑐᒃᑐ ᐅᑐᒋᑲᑐᒃ ᐅ ᐅᑐᑯᑕᓂᐧᐊᒃ ᐊᔭᑊᒃᑐᔭᐱᔭᖕᐱᓐᓂᐊᕐ

ᓂᖕᑕᑦ ᐅ ᐊᑎ ᑭᑐᒐᒪᑊᒃ ᐊᔭᑊᒃᑐᔭᐱᐧᐃᒃ ᐊᐱᐧᐃᖕᐯ ᐱᑯ ᑲ ᒥᑯᖕᑲᒋᑯᓇᓂᐧᐊᒃ ᐧᐊᐱᐧᐃᓂᒃ ᑭᖕᑭᓯᑦᑲᐱᖕᑯ ᐧᑐᑯᓇᒃ ᑭ ᑲ ᒥᓂᐟ ᐅᑭ ᒥᖕᑭᓯᑦᑲᐱᖕᑦᑲ ᑲ ᑭᖕᑲᒧᐧᐊᓂ ᒥᖕᑭᓯᑦᑲᐱᖕᑦᑲ ᒪᐧᐊᒻ ᑭ ᐅᒋ ᓇᐊᐱᔭᒃᓵ ᐃᖕᐱ ᒪᑲ ᑲ ᐊᑎ ᒥᑯᖕᑲᒋᐃᑯᔭᒃ ᐅ ᐊᑎ ᐊᔭᑊᒃᑐᔭᐱᔭᐱ ᐧᑐᑯᓇᒃ ᑭᖕᑭᓯᑦᑲᐱᖕᑯ ᐅᑲ ᑲ ᐧᐃᒋᐃᑯᐧᐊᓂ ᑭ ᐅᑲᒧᐧᐊᓂᒃ ᐧᐊᐱᐧᐃᓂᒃ ᑭᖕᑭᓯᑦᑲᐱᖕᑯ ᐧᑐᑯᓇᒃ ᑭ ᑲ ᐃᑐᑕᒧᐧᐊᓂ ᑭᖕᑭᓯᑦᑲᐱᖕᑦᑲ ᐅᑲ ᑲ ᐧᐃᒋᐃᑯᐧᐊᓂ ᑭ ᐅᒋ ᐧᐊᓇᒃ ᑭᒋ ᐃᖕᑦᑲᐱᔭᒃ ᖕᑕ ᐱᓐᖕ ᑭ ᓇᐊᐱᔭᒃᓵ

ᑕᓂᖕᐱ ᕿ ᐧᑕᐧᐅᓂᑕᐧᑲᒃ ᑭᒋ ᐅᑎᓂᑲᑎᒃ ᐊ ᓂᒪ ᑲ ᐊᔭᑊᒃᑐᔭᐱᖕᑲᑯᔭᒃᓵ

ᐯᑲᒻ ᑕ ᐱᒧᑎᒪᑲᒃ ᐊᔭᑊᒃᑐᔭᖕᐱᓐᓂᐊᕐ ᒥᕐᑐᐅ ᐱᐳᒃ ᖕᑕ ᐱᑯ ᑕ ᑭᓂᐱᒪᑲᒃ ᐊᑎᐟ ᐱᓯᐧᒪᓵ ᐊᖕᑲᐧ ᐅᒪ ᐊᔭᑊᒃᑐᔭᖕᐱᓐᓂᐊᕐ ᒧᓇ ᐊᐧᐊᓯᑎ ᑕ ᓂᑕᐧᐃᑭᒃ ᒧᓇ ᒪᑲ ᑕ ᒃᑕᐧᐅᓂᑕᐧᑲᒃ ᑭᒋ ᑲᖕᑲᐸᐅᐟ ᐊᐧᐅᓇ ᓇ ᐃᖕᐱ ᐅᑲ ᑲ ᐧᐃᒋᐃᑯᐧᐊᓂ ᑭ ᐅᑲᒧᐧᐊᓂᒃ ᐧᐊᐱᐧᐃᓂᒃ ᑭᖕᑭᓯᑦᑲᐱᖕᑯ ᐧᑐᑯᓇᒃ ᑭ ᑲ ᐃᖕᐱᒃ ᒧᓇ ᒪᑲ ᑭ ᑲ ᐊᐸᒋᑕᒃ ᒥᖕᑭᓯᑦᑲᐱᖕᑦᑲᓇ ᑭᔭᐱᖕ ᐊᑕᐧᐃᓇ ᑭ ᑲ ᐱᑭᖓᖕᒃᓵ ᑭᐟ ᐅᖕᑭᓯᑦᑲᐱᖕᑯ ᐧᑐᑯᓇᒃ ᑭ ᑲ ᐃᖕᑦᑲᐱᔭᒃ ᖕᑕ ᐱᓐᖕ ᑭ ᓇᐊᐱᔭᒃᓵ