

Grandparent's Corner

August 2010

Children's Eye Health & Safety Month

Young children with vision problems may not see the world the way everyone else sees it. Vision problems affect one in 20 preschoolers, and one in four school children. Without early detection and treatment children's vision problems can lead to permanent vision loss and learning difficulties.

All children, even those with no signs of trouble, should have their eyes checked at regular intervals. Children that show signs of trouble should receive a comprehensive eye exam by an Optometrist or an Ophthalmologist.

Below are some helpful tips for taking your child for a screening/exam:

- Ask friends or relatives for names of eye doctors who are good with children.
- Schedule their appointment around naps, eating times, or if your child has a cranky time of the day.
- Make a list of questions to take with you. Take notes while speaking with the doctor so that you can refer to the questions and answers later.
- Bring a favorite storybook, small toy that your child can play with quietly, in case you have to spend time in the waiting room. A snack may help pass the time.
- Let your child watch someone they know get an eye exam prior to their appointment. Have the doctor explain step by step the exam, and encourage the child to ask questions.
- Relax. Children look to adults for cues; if you seem nervous, your child may become anxious.

Optometrist- A person skilled in testing for defects of vision in order to prescribe corrective glasses.

Ophthalmologist- A medical doctor specializing in the diagnosis & treatment of diseases of the eye.

QUICK QUIZ

Toward the end of life, decisions to end medical treatment, seek hospice care, or to withdraw life support may need to be made. Answer True or False to the questions below to test your knowledge.

1. Hospice is a concept of medical care that delivers comfort and support to people in the final stages of a terminal illness—and to their families. T F
2. Although terminal illness is a difficult thing to cope with, it also gives the person who is terminally ill and the family time to examine life, establish priorities, and renew or strengthen relationships. T F
3. Hospice services can provide expert, compassionate care and make it possible for a dying person to remain at home. T F
4. Hospice care is never provided in nursing homes and hospice facilities. T F
5. The person must be certified as terminally ill by his or her doctor and the hospice medical director. “Terminally ill” means having a life expectancy of six months or less if the disease runs its normal course. T F
6. Hospice services does not include grief counseling. T F
7. Hospice care is offered for two periods of 90 days, followed by an unlimited number of 60-day periods, as long as the physician recertifies that the patient is not getting better and is still terminal. T F
8. Hospice care is a benefit under Medicare Hospital Insurance (Part A) to beneficiaries with a very limited life expectancy. T F
9. “Terminally ill” means having a life expectancy of six months or less if the disease runs its normal course. T F
10. It is *not* important to know what the terminally ill person’s choices are regarding life support. T F

KEY: 1. T; 2. T; 3. T; 4. F; 5. T; 6. F; 7. T; 8. T; 9. T; 10. F

