

## Important information for migrants from Ukraine with eye problems who live in the Netherlands now and need immediate help!

On April 1, 2022, the «Oogvereniging» - Eye Association of the Netherlands started a project to help Ukrainian migrants with eye problems (visually impaired and blind, who have glaucoma, macular degeneration or other diseases that require systemic treatment).

«Oogvereniging» is a national organization that represents the interests of all people with eye problems. This organization helps people with an eye disease, visually impaired and blind people to find their way, get advice and consultation by phone or e-mail, helps to adapt to new living conditions, get the necessary equipment, treatment, liaises with other specialized centers and organizations, works closely with «Visio» and «Bartiméus» diagnostic and rehabilitation centers for the visually impaired and blind. These organizations have vast experience and knowledge in diagnostic and rehabilitation of this group of people. «Visio» and «Bartiméus» teach you to walk with a cane, teach Braille, work with specialized computers and support activities and skills of general daily activities, that is, everything you may need to cope on your own in everyday life.

To the attention of Ukrainians people with glaucoma, who must use daily drops that reduce intraocular pressure: be careful, you cannot miss a single day of treatment! This can lead to significant vision loss, acute pain and even blindness. If you left your drops in Ukraine or lost them during the evacuation, seek help immediately from us or the nearest family doctor.

To the attention of Ukrainians people with macular degeneration or diabetic retinopathy and other diseases that require systemic treatment: you have to call us or go to the nearest family doctor to get a direction to ophthalmologist and continue your treatment, get eye injections on time, because the progression of macular degeneration or diabetic retinopathy can also lead to blindness.

We will all try to help you and find your way in this difficult situation. Vision problems and blindness are not a sentence! A lot of people really want to help you. There are a large number of volunteers who help blind and partially sighted people of all ages to live a full life.

You can contact the coordinator of the Center for Support of Ukrainian Migrants Nina Spodina, who worked as an ophthalmologist in Ukraine for 20 years and was forced to seek safety and asylum in the Netherlands due to the war. You will be able to speak in your native language and talk about your vision problems, gain understanding, advice and all possible help. Dutch people or organizations can call on our Eye telephone line Ooglijn.

The Bartiméus Foundation and the Visio Foundation financially support the work of a support center for visually impaired Ukrainian refugees. But more is needed. If you support this project, you can donate quickly and easily:

NL29 RABO 0177 8855 05 (Donation for Ukraine)

### **Contact information**

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