



*Nitaa-waabanjigaadeg
gigishkiinzhigoon eta
ji-gikenjigaadegiban
oshkiinzhigowaapineyan.
Gimashkikiwininiim
oga-aabajitoonan gegoo ji-
migoshkaaji'itoosiwan.*



Ganoonzh 'Canadian
Association of Optometrists'
ji-mikamaagooyan gechiwaag
mashkikiwinini.

Giigidon 1 888 263 4676
Gema inaabin www.opto.ca

Waabiwin zhigwa minoshkaabiwin
wiindamaagewin Vision Institute of Canada
onji dago:



NATIONAL COLLABORATING CENTRE
FOR ABORIGINAL HEALTH

CENTRE DE COLLABORATION NATIONALE
DE LA SANTÉ AUTOCHTONE

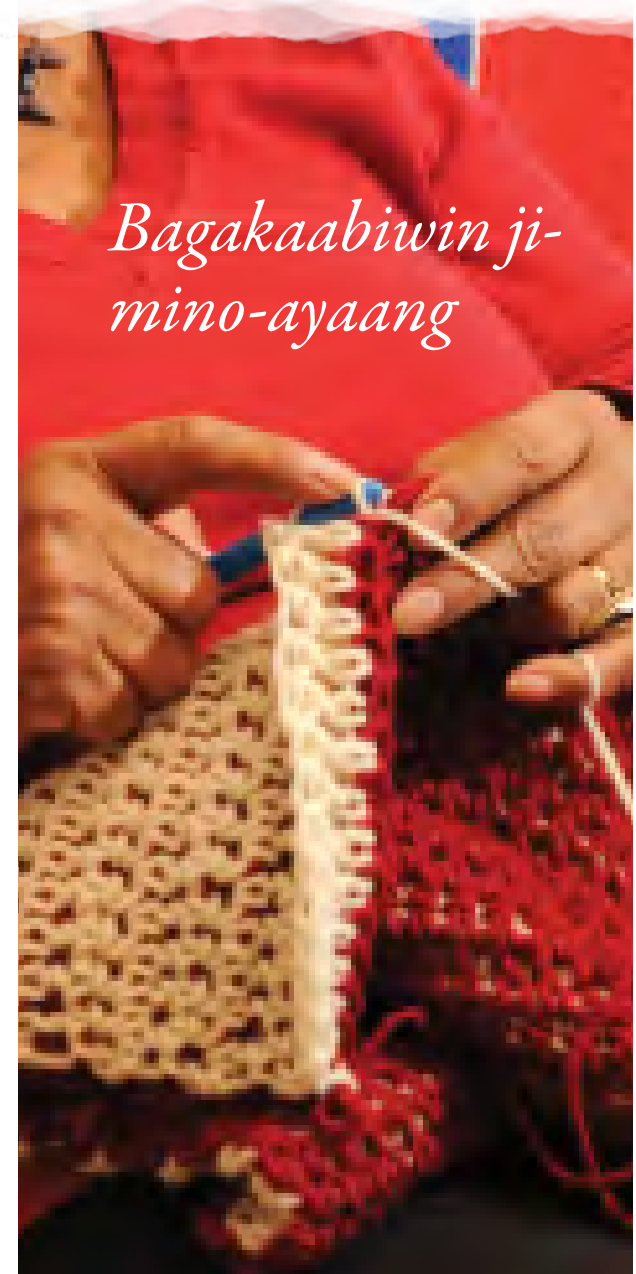
*The Canadian
Association of
Optometrists*



*L'Association
canadienne des
optométristes*

**VISION
INSTITUTE**
visioninstitute.optometry.net

Oshkiinzhigwaapinewin



*Bagakaabiwin ji-
mino-ayaang*

Oshkiinzhigwaapinewin

Wegonen iwe oshkiinzhigwaapinewin?

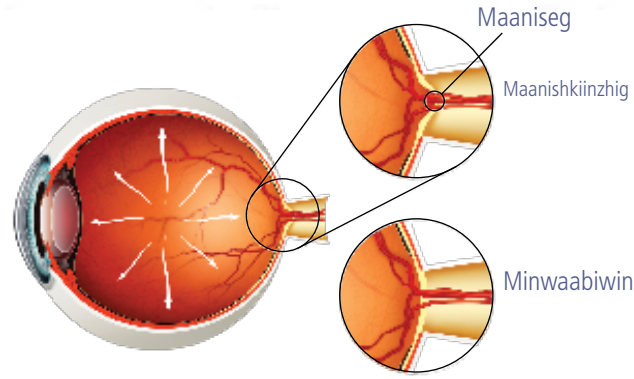
Oshkiinzhigwaapinewin odaanaang ojaabiing maazhise ji-minosesinog gaa-waabiyan mooshkinebiiseeg gishkiinzhig. Owe gaa-mooshkinebiiseeg gaa-izhiseeg, gaawiin ziiskawisinoon gishkiinzhigoon. Mii owe aakoziwin niigaaniimagak gaa-onji-waabisigwaa awiyag.

Wegonen idash wenji-oshkiinzhigwaapinewin?

Gaawiin gikendaagosinoon. Ini nibiin gaa-wiiji'iwemagakin ji-iskingina gishkiinzhigoon gibishkaawan. Mii dash ezhi-mooshkinebiimagakin gishkiinzhigong ji-ani-waabisivan. Aapiji niinamadoon ini gaa-wiijiwesemagakin ji-waabiyan. Giishin gaye gegoo inaapinadoyan gemaa gegoo inaapineyan gishkiinzhigong maagizhaa gidaa-oshkiinzhigwaapine.

Awenen weshkiinzhigwaapined?

Awiya awashime niimida daso-biboonewaad, aanind igaye mii gaa-bi-inaadizid odinawemaaganiwaa'. Nitam oshkiinzhigwaapinewin nawach gibwaab oshkaadiziyan. Nawach idash gidaa-oshkiinzhigwaapine giishpin zhiitwaapineyan gemaa ishpekwehiyan gemaa gegoo gii-izhiseyan gigishkiinzhigong. Daabida ji-izhaayamban mashkikiwinini ji-gikenjigaadeg daga ji-oshkiinzhigwaapineyan.



Aaniin oshkiinzhigwaapinewin ezhiseg ji-waabisivan?

Iwe gaa-onzaabiyan odaanaang gijaabiing, wiindamaagetoomagad aaniin minik eni-waabisiang.

Ninga-gagiibwaab ina oshkiinzhigwaapineyaan?

Giishin wiiba oshkaadiziyan waabamigooyan, daa-dazhiikigaade ji-wanitoosiwan giwaabiwin. Giishpin waabanjigaadesinog, gaawiin edaway'a'ii giga-waabisii abooshke niigaan enaabiyan maagizhaa gaye gaawiin giga-waabisii.

Aaniin ji-izhi-gikendamaan oshkiinzhigwaapineyaan?

Niizhiwewig ayaamgadoon ini inaapinewinan. Nitam igo, ne'agaach igo gaawiin gidaa-ani-waabisii. Owe izhiseyan gaawiin gegoo

gimoozhitoosiin gaawiin igaye gidinamanji'osii. Gaawiin gaye giga-gikendanzin ani-waabisivan. Zhigwa miinawaa ani-inaapinewin, giga-zhiishigagowe, giga-dewishkiinzhigwe, miskojaabiwin, biigiziwaabiwin.

Aaniin ji-izhi-gikendaagwak oshkiinzhigwaapinewin?

Giishin weweni naanaagadawaabamigooyan eta da-gikenjigaade oshkiinzhigwaapineyan. Gimashkikiwininiim oga-aabajitoonan gegoon ji-wiisagendamaashkoogoyan ji-waabandang aaniin ezhiwebiziyan gigishkiinzhigoon. Zhigwa miinawaa oga-ganawaabandaan biinji-ishkiinzhig aaniin ezhi-ayaamagak ji-waabiyan.

Aaniin ji-izhigaadeg oshkiinzhigwaapinewin?

Giishpin maajizhigooyan nitaa-minose ji-izhichigeng ji-waabiyan. Giishin wanitooyan ji-waabisivan oshkiinzhigwaapinewin onji, gaawiin daa-miinochigaadesinoon. Mii owe ji-onji-waabanjigaazod awiya daabida.

