



Did you know?

1 in 4 school-aged children in Alberta have a vision problem.

An eye exam detects health problems such as crossed eyes or a lazy eye.

Many vision problems are difficult to detect without an eye exam.

Children with vision problems are often misdiagnosed as having learning or behavioral disabilities.

The earlier an eye health or visual problem is identified, the more likely it can be corrected.

Thousands of students go undiagnosed and untreated for even the most basic vision problems.

Studies show a direct correlation between poor eye health and poor performance at school or in other areas of a student's life.

How can I keep my kids healthy when I can't afford Health Care?

Despite St Albert's reputation as an affluent community, many families live paycheque to paycheque with very little savings. This series of eight newsletters will highlight some of the most pressing financial strains families face on a day to day basis.

There are some programs available in our community that can alleviate some of these stresses if families can't afford to pay for health benefit plans. A few things to consider are:

Eye Care

- ⇒ Yearly eye examinations by an optometrist are paid for by the government for children under 18 years old.
- ⇒ The **Eye See Eye Learn program** provides kindergarten students with a eye health exam from a Doctor of Optometry. If required, they also receive a free pair of eyeglasses.
- ⇒ **FYidoctors** offers a complimentary pair of eyeglasses to two students in each school in St Albert when they book and get an eye exam.

Dental

- ⇒ A child's dental care really begins when the mother is pregnant. Ensure you are eating well balanced and nutritious meals and are receiving adequate vitamins and minerals. It is important for mom to get a complete dental examination to rule out gum disease.
- ⇒ General oral health care is not included in the Canada Health Act, however low income families could qualify for the Alberta Child Health Benefit (ACHB).

Doctors

- ⇒ Finding a family doctor in St Albert can be difficult and waiting at a Mediacentre can be time consuming. The St Albert and Sturgeon Primary Care Network (PCN) has tools available to help you find a family doctor. They can provide a list of all PCN member practitioners in the area that are accepting new clients.

Prenatal Vitamins and Milk Coupons

- ⇒ Health for 2 Program can be accessed through the Family Resource Centre or Alberta Health Services Public Health Centres.

For more information check out:

myhealth.alberta.ca
optometrists.ab.ca/eye-see-eye-learn ***Eye See Eye Learn Program**
fyidoctors.com
stalbertfrc.ca
stalbertsturgeonpcn.com



ST. ALBERT
Family Working
Group

#10, 50 Bellerose Dr St.
Albert AB T8N 3L5
jbecker@stalbert.ca