

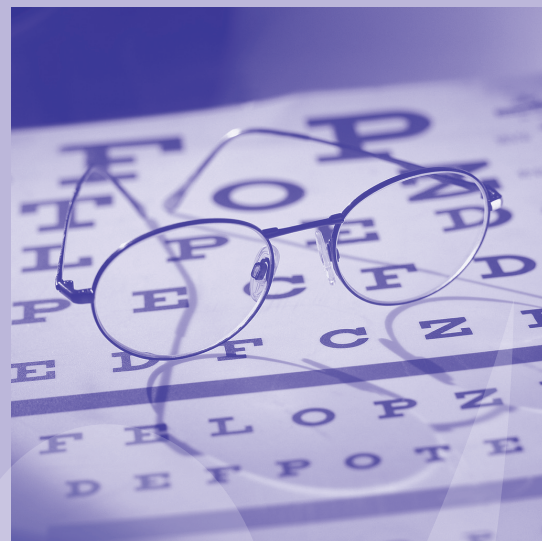
Make the Most of Your Eyesight

Did You Know?

Problems with vision can increase your chances of having a fall

How does age affect your eyesight?

- Peripheral vision decreases
- It becomes harder to focus
- More light is needed to see well
- Your vision becomes less clear
- You become more sensitive to glare and it takes longer to adjust from light to dark
- It becomes harder to tell how close you are to an object
- Bifocal and multifocal lenses make it difficult to walk up and down steps and stairs



Vision problems can make it more difficult to see obstacles, spills on the floor or uneven footpaths and edges of steps. Some medical conditions affect your vision, they include Cataracts, Macular degeneration and Glaucoma, however, eye disease is not an automatic part of ageing.

Falls are Preventable

What Can You Do?

- Regular eye checks will maximize your remaining eyesight
- If you wear bifocals, use a pair of fixed lenses for walking
- Wear sunglasses and a hat outside to reduce glare
 - Make sure your home is well lit
 - Allow time for adjustment when moving from well lit to poorly lit areas
 - Include plenty of leafy green and yellow vegetables, and fruit in your diet

For more information on how to avoid a fall, go to www.healthpromotion.com.au or ring the Central Coast or Ryde Health Promotion Unit.

Phone: 1800 059 561



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