

FALLS

Falls Are Preventable

Making 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 glasses make it harder to judge the distance and position of kerbs and steps – take extra care walking up and down steps



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.

What can you do?

- Annual eye checks will maximise your remaining eyesight
- If you wear bifocals, use a pair of fixed lenses for walking
- Keep your glasses clean
- Wear sunglasses and a hat outside to reduce glare
- Make sure your home is well lit
- Mark the edge of steps with non-slip paint
- Allow time for adjustment when moving from well lit to poorly lit areas
- Take care on steps if you wear bifocals or multi-focal glasses
- Include plenty of leafy green and yellow vegetables, and fruit in your diet

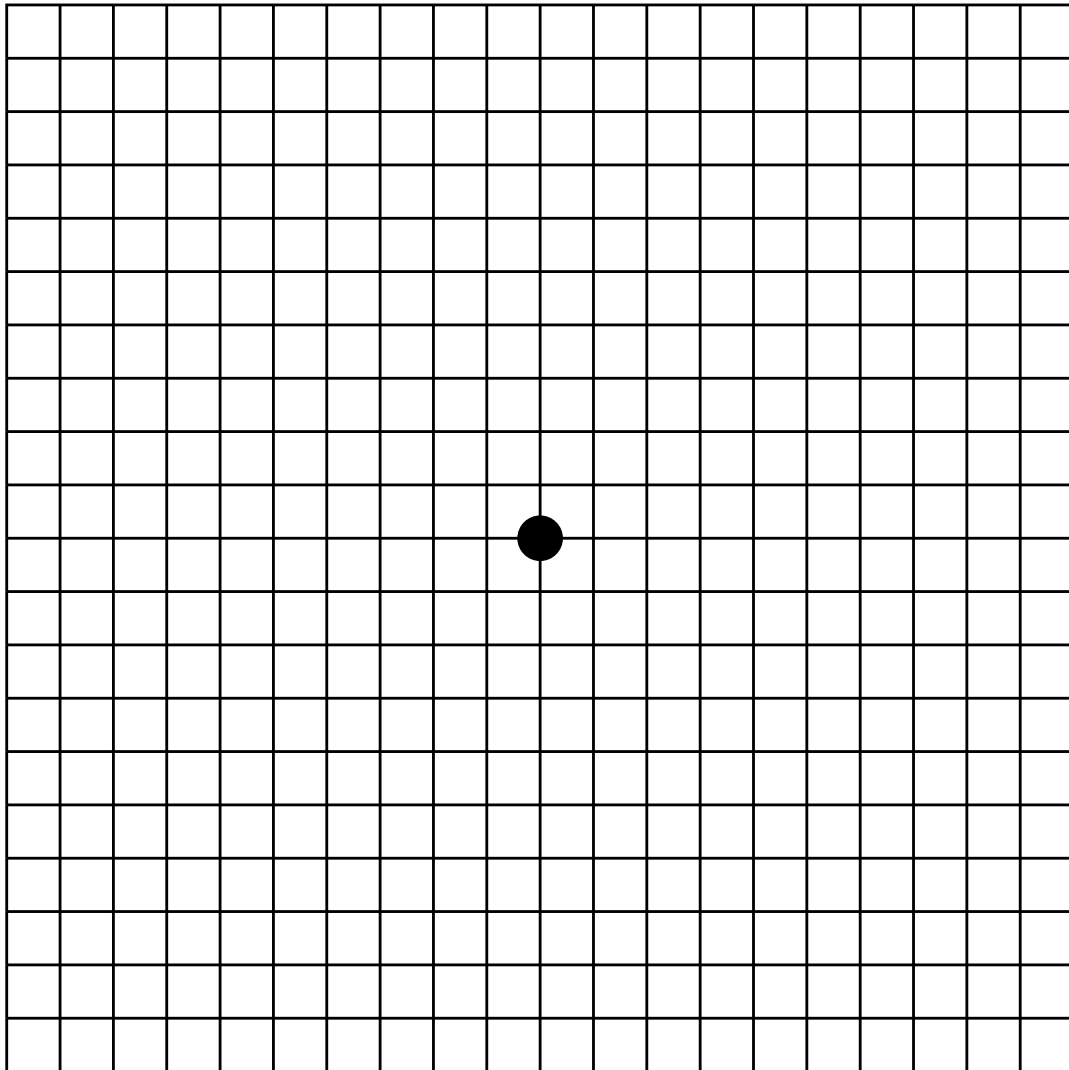


Health
Central Coast
Local Health District

For more information on how to avoid a fall go to
www.healthpromotion.com.au
or contact the Health Promotion Service on 4320 9700.

The Amsler grid

The Amsler grid is a tool that can be used to help detect changes in your vision. It should not replace regular eye checks.



How to use the Amsler grid

1. Wear the glasses or contact lenses you usually would for reading
2. Ensure you are in a room that is well lit with natural lighting
3. Hold the grid at arm's length
4. Cover one eye and focus on the centre dot with the other eye
5. Repeat with the other eye

If the lines appear wavy, blurred, distorted or missing patches (like in the picture here) see your eye doctor immediately.

Never dismiss changes in vision as part of getting older.

