

FALLS

Falls Are Preventable

Making the Most of Your Eyesight

Good vision helps you remain independent, helps with balance and assists in identifying hazards in the home and environment - all which are important in helping to prevent falls.

Vision begins to change and deteriorate with age. These changes can be gradual, and can go unnoticed.

Some common signs your vision is changing

- Blurred or distorted vision.
- Red, itchy, watery or dry eyes.
- Difficulty focusing or seeing - especially at night.
- Loss of side vision.
- Holding reading material closer.
 - > 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.
 - > Some medical conditions like cataracts, age related macular degeneration, and glaucoma can also affect your vision.

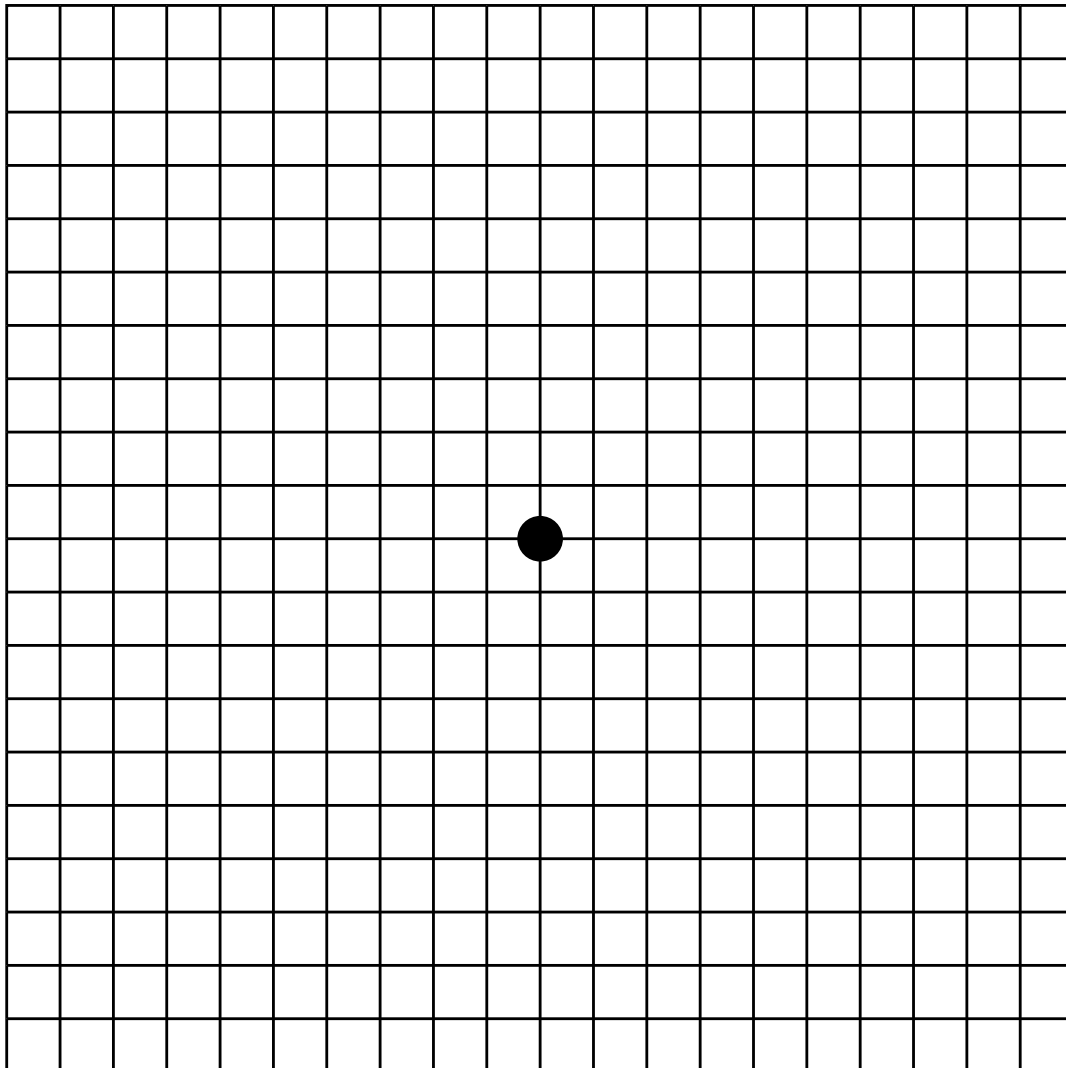


What can you do?

- 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 different lights.
- 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.

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.

