

ANYONE CAN FALL

Prevent it from happening to you

Vision Care

As we grow older, changes occur with our eyes that can affect our vision. Our eyes may become more sensitive to glare, slower to adjust to light, and distance may become more difficult to judge. Older adults can also develop eye disorders such as cataracts, glaucoma, or macular degeneration. These disorders can gradually lead to changes in peripheral vision and depth perception.

Because your vision is so important to daily living, it's essential that you recognize and respond to changes as soon as possible. Even small changes to vision can increase the risk of someone falling.

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance NOVA SCOTIA Trauma NB

Helpful eyewear tips

- Wear your glasses as recommended by your eye care specialist and remember to clean them frequently.
- UV rays can harm your eyes, even on a cloudy day. Appropriate sunglasses should provide full UV-A and UV-B protection.
- If your eyes water, it may be that you are more sensitive to light, wind, or temperature change. Simply shielding your eyes or wearing sunglasses may solve the problem.
- Protect your eyes from injury at work or while doing jobs around the house by wearing an appropriate protective eyewear designed for the task.
- If an eye injury occurs, seek medical help from a qualified healthcare professional as soon as possible since delaying care could lead to permanent vision loss or blindness.

Checking your vision

It's important to check your vision regularly. Test to see if you can see objects clearly in the distance. You should also test to see how easily you can read something up close. In addition, remember to have your eyes checked by your eye care specialist at least every two years or any time you notice changes in your vision.

Eye conditions that can affect vision



CATARACTS



DIABETIC RETINOPATHY FLOATERS



AGE-RELATED MACULAR DEGENERATION



GLAUCOMA

SCAN for the website

For more fall prevention information and **resources for older adults and caregivers**, visit the Finding Balance NS website at ***www.FindingBalanceNS.ca***

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