



Check Your Vision

Over time, changes take place in your eyes that can affect your eyesight. Your eyes may take longer to adjust from dark to light OR from light to dark. You may develop blurred vision or eye problems like cataracts or glaucoma. All of these can increase your risk of falling.

Some people think that if they can read the headlines in a newspaper or watch TV, their eyesight is fine. Eyesight changes may still cause you to fall by misjudging the depth of a step or not seeing objects on the floor.

Tips for Healthy Eyes

- * Look after your eyes.

It is important to have your eyes checked by an eye doctor every year so that any changes in your eyesight can be found and treated.

- * Have your glasses checked once a year by your eye doctor.

Tips to Prevent Falls

- v Take your time and give your eyes time to adjust to changes in light.
- v Wear sunglasses outdoors as your eyes may be sensitive to glaring light.
- v Use good lighting throughout your home.
- v Mark doorways or steps with bright coloured non-slip strips.

Take action because falls are no accident!

Five Hills Health Region
Working together to prevent falls.

