

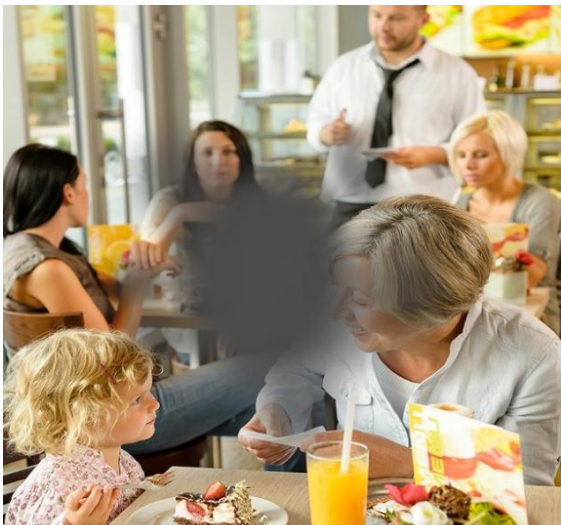
Falls Prevention – Eyesight

Impaired vision can increase your risk of falling as it is harder for you to see hazards such as obstacles, uneven footpaths, edges of steps or objects, and spills on the floor.

Is your eyesight changing?

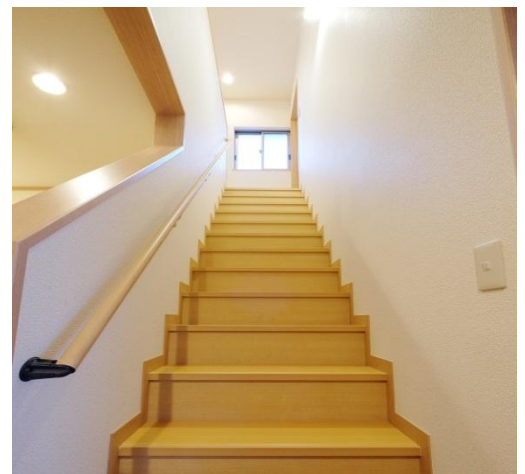
- Spots or dark patches in your vision
- Clouding or opaque vision
- Decreased colour vision
- Distorted vision
- Double vision
- Sudden eye pain, discomfort or redness
- Reduced ability to adjust to light changes

If you notice any changes to your eyesight, seek help from a qualified health professional



What you can do

- Have annual eye checks.
- Talk to your doctor about cataracts. If you have cataracts, arrange to have them removed as soon as recommended.
- New glasses will take time to adjust to. Be extra careful when walking and moving around while wearing new glasses.
- Bifocal and multifocal lens glasses make it harder to judge distance and position of kerbs and steps. Consider using a pair of single lens glasses for walking and take care when using steps.
- Wear sunglasses and a hat to reduce glare when outside.
- Give your eyes time to adjust when moving from well-lit to poorly-lit areas.
- Make sure your house is well-lit. Install a night light in the bedroom and hallway. Install lights at the top and bottom of stairs.
- Avoid clutter on the floors in your home and garden.



Acknowledgement to:

iSOLVE fall prevention partnership project
(The University of Sydney, Northern Sydney Medicare Local,
Clinical Excellence Commission)

Optometrists Association Australia

Macular Disease Foundation Australia

Staying Active and on Your Feet booklet 2010

www.activeandhealthy.nsw.gov.au

Don't Fall for It booklet 2011

For further information scan this with your
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