

Falls Prevention – Eyesight

Eye conditions such as cataracts, macular degeneration and glaucoma can increase your chances of having a fall.

As we age it becomes harder to:

- See obstacles, uneven footpaths and edges of steps
- See spills on the floor
- See well in poor light and cope with glare
- Adjust to sudden changes in light.

Bifocal and multifocal lens glasses make it harder to judge the distance and position of kerbs and steps. Take care walking up and down steps.



Have regular eye checks.

Tell your doctor if you notice any changes to your eyesight.

If you get new glasses, it will take time to adjust to them. Be extra careful.

What you can do

- If you wear bifocals, use a pair of single lens glasses for walking (especially regular walkers).
- 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.
- Eat plenty of leafy green and yellow vegetables and fruit.

