

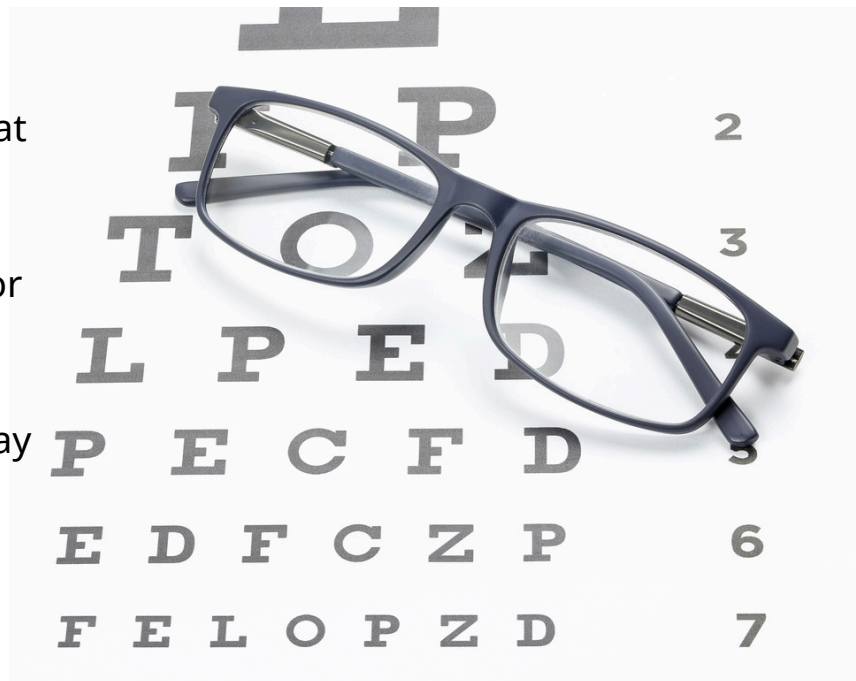


Caregivers Falls Prevention

Sight

For most people, vision loss can be a gradual process, and people tend to adapt unconsciously to changing vision. It may become difficult to read small print or to get around in dim lighting. Changes in vision are a normal part of aging. However, more serious changes to eyesight may also occur as we age. Research shows that impaired vision more than doubles the risk of an older adult experiencing a fall. Vision is also important when it comes to balance and mobility. As a caregiver, using the following tips to ensure that you properly care for your eyesight is important so that you can continue to provide care to your loved one.

If you have a change in your vision, do not ignore it. Schedule an eye exam at least once a year. Eye exams can identify any potential vision changes or disease. Also, if needed, update your glasses, or contact prescription. It may take time for your eyes to adjust so be sure to take extra care until your eyes adjust to the change.



Next, having good lighting is important to ensure that you see fall hazards and changes in flooring to help prevent falls. To improve lighting, make sure to replace any burnt-out light bulbs. If you are not able to reach the bulb or do not have the strength or balance to use a step stool, ask a friend or family member to help. Also, installing nightlights in hallways, bedrooms, and bathrooms can help reduce the risk of falling at night. Finally, always turn on the lights before going up or down stairs or hallways. Learn more ways to [improve lighting throughout your home](#).



Changes in vision can be difficult and may lead to you stop doing things that you enjoy. You may find yourself isolating from others because of your vision changes, which can increase your risk of falling. If you begin to isolate yourself, this may lead to a reduction in your activity, which can lead to decreased muscle strength and balance, which in turn can lead to a fall.

If you are experiencing issues with your vision and are concerned about falling, more resources can be found at [Falls Free Wisconsin](#).