

Eyes on Safety:

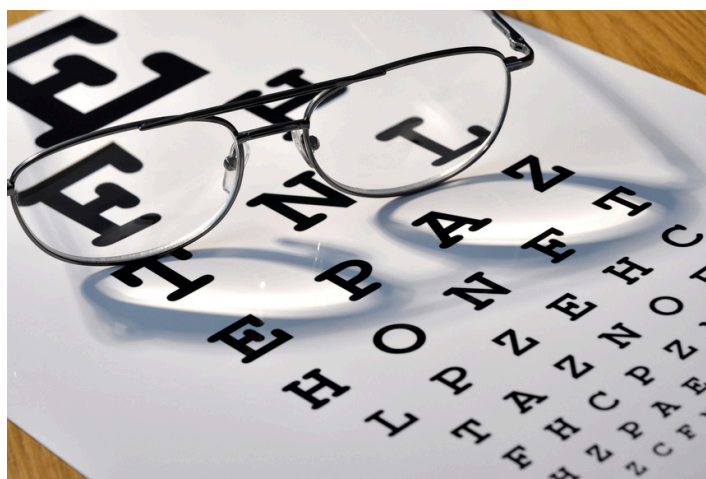
Clear Vision for Steady Steps

Vision changes often happen slowly — so slowly you might not notice at first. Trouble reading fine print or seeing in dim light is common with age, but even small changes can raise your risk of falling. Vision loss can more than **double** your fall risk because your eyes play a big role in balance and navigation.

Here's how to protect your vision and stay steady:

- **Don't ignore changes** — get your eyes checked.
- **Schedule regular eye exams** (at least once a year).
- **Keep your glasses or contacts up to date** and adjust slowly to new prescriptions.

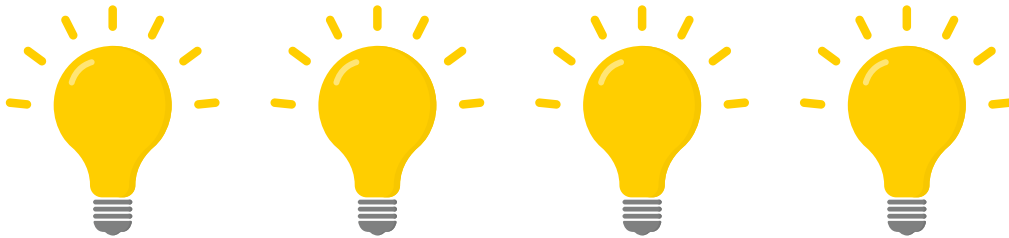
Your vision helps you stay connected to the world — let's keep it clear and strong!



Good lighting isn't just for comfort — it's key to safety. A well-lit home helps you spot tripping hazards and uneven floors, reducing your fall risk.

Simple ways to brighten up and stay safe:

- **Replace burnt-out bulbs promptly** — ask for help if needed.
- Add **nightlights** in bedrooms, hallways, and bathrooms.
- **Always turn on lights** before using stairs or walking through dark areas — even during the day.



Vision changes can make getting around harder and affect your confidence, leading you to avoid activities or social time.

Don't let vision changes dim your independence. If you're pulling back, talk to your doctor or eye care professional — early action can make a big difference!

Explore helpful resources at FallsFreeWI.org/sight/ and see your way to safer living.

