HAVE YOUR VISION CHECKED

Every year, 1 in 3 Alberta seniors will fall. The good news is that there are actions you can take to prevent falls.

As you age, it is important to visit your optometrist or ophthalmologist for a comprehensive eye exam every year. Find out about your eye health and any changes to your vision.

Changes to your vision may increase your risk of falling.

» Eyes take more time to adjust to changes in light or glare.

» May be harder to identify objects, especially at night.

» Harder to judge the distance from objects.

» You may develop eye conditions such as cataracts, glaucoma, or macular degeneration that reduce vision.

TAKE ACTION TO IMPROVE AND MAINTAIN EYE HEALTH

☑ Keep rooms well-lit.

☑ Use high-wattage bulbs.

☑ Use nightlights or motion sensors in the bathroom and hallways.

☑ Wear sunglasses, even in the winter.

☑ Mark the edge of stairs with coloured paint or treads.

☑ Keep lighting similar in every room.

☑ Speak with your eye doctor about multi-focal lenses.

Discuss any changes to your eyes or vision with your eye doctor.

DID YOU KNOW?

Alberta Health Care covers the cost of eye exams for adults 65 and older.

LOCAL CONTACT INFORMATION

INJURY PREVENTION CENTRE
KNOWLEDGE. LEADERSHIP. ACTION.

Alberta Health Services

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