

Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

Clear vision is critical to preventing falls.

Ensuring your eyeglass prescription is correct is a good first step in fall prevention, but your eye health is equally important.

Your optometrist can help!

Did you know...

- You'll benefit from early intervention. Many eye diseases have no early symptoms such as cataracts, glaucoma, macular degeneration, a tear in the retina, bleeding and tumours, but your optometrist can detect these changes and begin timely treatment to help preserve your vision.
- Your optometrist can see early signs of medical conditions, such as high blood pressure, diabetes, and cardiovascular disease. Your optometrist and physician will work together to protect your eyes.
- Your eyes need more time to adjust to changes in light as you age. You may need to increase lighting.
- We can lose depth perception which makes it harder to judge the height and depth of stairs and curbs.
- We become more sensitive to glare, so it's important to use sunglasses year-round.
- Some medications can cause blurred or double vision.


There is no better time to focus on quality vision care to preserve your eye health, an active independent life, and the chance to enjoy all that you love!

Alberta Health coverage is available towards your annual eye exam for Albertans 65+



**To find an optometrist,
just enter your postal
code at:**

**[www.optometrists.ab.ca/
findanoptometrist](http://www.optometrists.ab.ca/findanoptometrist)**

**Alberta
Association
of Optometrists** 

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**INJURY
PREVENTION
CENTRE**

LOCAL CONTACT INFORMATION:

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