

Do you have trouble with your **vision**?

Vision problems are among the most important factors when it comes to falls, as this can decrease your ability to see things, judge distances or depths and to cope with sudden changes in light.

Many falls can be prevented. By making small changes, you can lower your risk of falling.



Eyes on falls

Tips to help with your **vision**.

Bifocal or transitional glasses can increase the risk of falling.

Have an eye check every two years, more often if your vision changes.

If you have glasses, get them checked yearly to ensure they are still right for you.

The questions below could indicate you have a vision problem and may put you at risk of having a fall.

- Does trouble with your vision make it difficult for you to read labels, newspapers, books or your mail?
- Does trouble with your vision make it difficult to do the things you want to do, such as watching TV, playing cards, sewing or going for walks?
- Do you tend to sit very close to the TV?
- Do you have trouble seeing in dim light?
- Can you recognise the faces of friends and family from across an average sized room?
- When crossing the street, do cars seem to appear very suddenly?

If you answer yes to any of these questions, an eye test is recommended. These are available at your local optometrist or your GP team.

Keep your glasses clean, always wear them when you are up and about.

Take care on stairs and when stepping off curbs.

If you have limited vision, contact the Blind Foundation. They can provide you with tips, technology and advice to help you avoid falls.