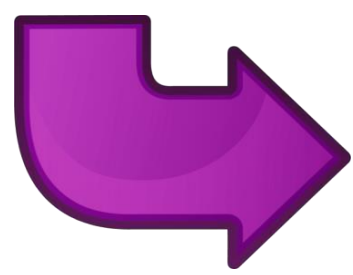
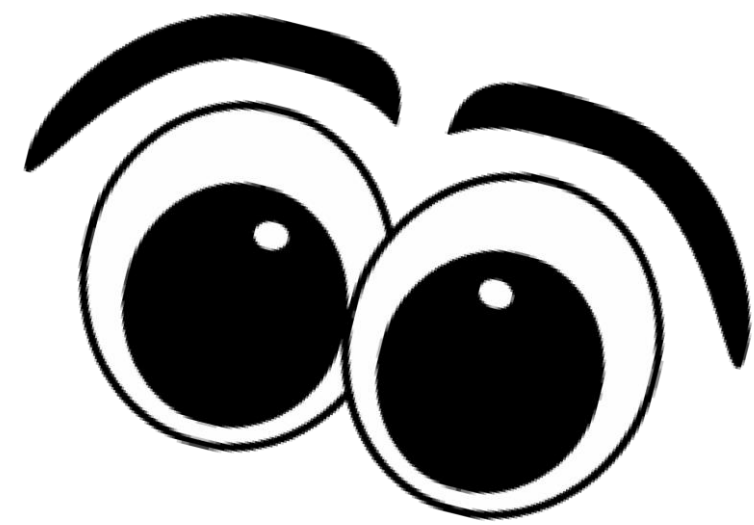


VISION



FALLS?



Poor eyesight can increase your chances of falling.

30% of visual impairment in older adults more than 75 years of age is a result of **wearing the wrong glasses** or **not wearing glasses at all**.

Regular eye check can detect eye diseases like **Age Related Macular Degeneration** and **Glaucoma** at an early stage. **Early treatment** can prevent diseases from worsening.

Common Causes of Poor Vision Leading to Falls

1. Reduced contrast sensitivity

This results in difficulty to see the edges of the kerb making it nearly invisible.



2. Reduced depth perception

Poor vision in one eye leads to increase difficulty in judging distances and depth.



3. Reduced Visual Field

Poorer peripheral vision and some impairment in central vision can increase risk of falls.



Tips on what you can do

- Have regular eye checks at least once a year
- Avoid glare and stop to give your eyes time to adjust before moving from lighted to dark areas
- Take extra care on steps if you are wearing bifocals
- Keep your glasses clean and wear the correct glasses
- Make sure you have good lighting in your home