

HAVE YOUR EYES CHECKED

Every year, **20-30%** of Elders 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 eye doctor for a full eye exam every year to find out about your eye health and any changes to your vision.



Changes to your vision may increase your risk of falling.

It may be harder to see objects, especially at night.

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

It is harder to judge the distance from objects.

You may develop eye conditions that reduce vision.



KEEP YOUR MOCCASINS MOVING!

Kee Tas Kee Now Tribal Council | E-mail: injuryprev@kctadmin.ca

FindingBalanceAlberta.ca

TAKE ACTION TO IMPROVE YOUR EYESIGHT



- Keep rooms well-lit.
- Use high-wattage bulbs.
- Use nightlights or motion sensors in the bathroom and hallways.
- Keep lighting similar in every room.
- Wear sunglasses, even in the winter.

Discuss any changes to your eyes or vision with your healthcare provider.

Alberta Health Care covers the cost of eye exams for adults 65 and older and NIHB covers the cost for adults 64 and under.



This resource was adapted with permission from *Finding Balance*, an initiative of the Injury Prevention Centre.
Sources available upon request. © Copyright 2017 – Finding Balance & Injury Prevention Centre