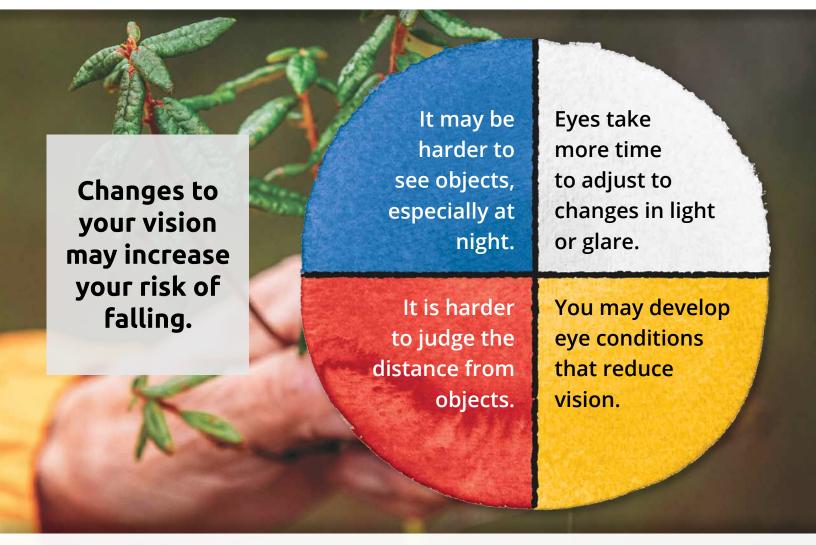
HAVE YOUR EYES CHECKED

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.









• 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.









