



## Falls and Eyesight

Research shows the link between poor eyesight and falls in older people.

As we age most of us will become longsighted (presbyopia), making it hard to focus on things close up and we're slower to adjust to light. This is because the muscles of the eye lens harden. Eventually we all need glasses.



Other age related eye conditions that contribute to falls are cataracts, glaucoma, macular degeneration and diabetic retinopathy.

Some tips to prevent falls associated with eyesight issues:

- Get your eyes and glasses checked regularly
- As you're statistically more likely to fall in the first few days after getting new classes, be careful and don't rush!
- With bifocals, the change in focus is not instant, which is important when walking – looking from your feet to the footpath, then to the view, so be careful and slow down
- When moving from a well lit to a darker area – turn on a light or slow down so your eyes can adjust.
- On rough ground 'stop' before you look at the view.



For more information contact:

**Phone:** 3877 5280 **Fax:** 03 377 5281  
[www.therapyprofessionals.co.nz](http://www.therapyprofessionals.co.nz)  
**Email:** [admin@tpl.nz](mailto:admin@tpl.nz)