

## How Can I Care For My Vision?

Maintain an active lifestyle.

Have your eyes examined every 2 years or as advised.

Wear proper glasses for appropriate activity (reading glasses vs. distance glasses).

Take care with curbs and stairs while wearing bifocal or progressive lenses.

Repair and replace glasses as needed.

Clean glasses regularly.

Wear sunglasses to protect your eyes from ultraviolet rays.

Quit smoking and maintain a healthy blood pressure.

Eat a well-balanced diet to ensure adequate intake of copper, zinc, lutein and vitamins A, C, and E.

Report changes in vision. Sudden changes in vision are an emergency.

## Living With Vision Loss

- Vision loss is NOT a normal part of aging. It is usually caused by disease.
- Vision problems can easily be identified with a vision screening or an eye examination.
- Treatment is available for many vision deficits.
- Support groups and special low vision aids are available and can be used to maximize any remaining vision.

Contact Vision Loss Rehabilitation BC for more information:

Vancouver 604-431-2121

Abbotsford 604-746-1192

Toll Free 1-844-887-8572

Website [cnib.ca](http://cnib.ca)

Email [info@vlrehab.ca](mailto:info@vlrehab.ca)

FHA Falls & Injury Prevention

604-567-7866

Email [fallsprevention@fraserhealth.ca](mailto:fallsprevention@fraserhealth.ca)

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[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your health care provider.

Catalogue # 265892 (June 2018)  
To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)

## Common Visual Deficits



## Focus on Falls Prevention Vision Screening

A Guide to Aging Vision

 **fraserhealth**



Cataracts



Age Related Macular Degeneration (AMD)



Glaucoma



Diabetic Retinopathy

## Cataracts

A clouding of the lens in the eye which is caused by the aging process, blunt trauma, or some systematic diseases.

## Age Related Macular Degeneration (AMD)

The most common cause of vision loss among the elderly. Macular degeneration results in blurred or loss of central vision.

## Glaucoma

Develops when there is too much fluid pressure in the eye. It causes damage to the optic nerve and gradually steals sight without warning and often without symptoms

## Diabetic Retinopathy

A complication of diabetes that affects the eyes. It's caused by damage to the blood vessels of the light-sensitive tissue at the back of the eye (retina) and can result in blindness.

## Things to know about visual deficits

- Many vision deficits go undetected in seniors such as Cataracts, Age Related Macular Degeneration (AMD), Glaucoma, Diabetic Retinopathy, and Refractive errors.
- Visual Impairment is one of the leading causes of lost independence among older adults.
- Common vision changes include difficulty reading small print, adjusting to bright or dark, and focusing on near or far objects.
- Seniors who receive treatment have fewer falls and fractures.
- Proper lighting and keeping spaces tidy and organized can help people with vision loss stay independent.