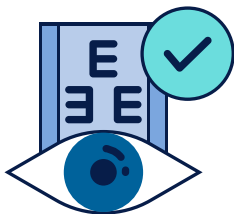


Our vision changes with time. Eye health is vital to older adults because the risk of developing eye diseases increases as we age. If left untreated, these diseases can lead to vision loss, which could impact their independence and quality of life. Low vision can lead to an increased risk of falls. Here are some eye care tips to help older adults maintain their vision.

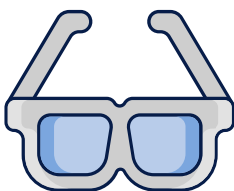
1 Regular eye exams

The best way to detect problems early is do an annual eye exam. Optometrists can detect potential eye problems related to aging, such as cataracts, macular degeneration, glaucoma, and other degenerative eye diseases.



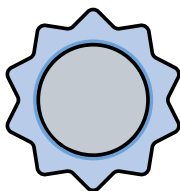
2 Wear your prescription glasses

Whether farsighted or nearsighted, older adults should always wear their prescription glasses, both in and out of the sun; they reduce eye strain, which can lead to other vision problems.



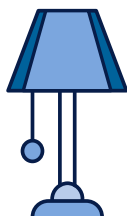
3 Keep your eyes protected

Direct sunlight can damage your eyes, cause various forms of cancer, and cause other eye issues. Keep a pair of prescription sunglasses handy to help protect your eyes while seeing clearly.



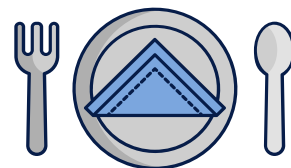
4 Use proper lighting indoors

Keep rooms well-lit, even during the day, especially if you read frequently or watch a lot of television. Appropriate lighting, without glare or shadows, helps eyes focus and significantly reduces eye strain.



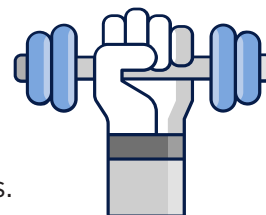
5 Try eating healthy foods

A diet rich in vitamin C, as well as foods rich in antioxidants, beta-carotene, and lutein, can help reduce the risk of age-related macular degeneration, or AMD. Try sweet potatoes, carrots, and spinach, strawberries, kiwis, and oranges.



6 Exercise and stop smoking

Regular exercise increases blood flow, which increases the amount of oxygen circulating through the body—including the eyes. Any type of exercise is beneficial to older adults. If you smoke, consider quitting because it will improve your health in many ways.



7 Use technology

Consider getting the Lifeline Medical Alert Service to access help quickly in the event of a fall. Our fall detection technology can even place a call for help if you're unable to press the help button



Contact Lifeline today to learn more:

1-800-LIFELINE
1-800-543-3546
www.lifeline.ca

Source: CDC About Vision Impairment and Falls Among Older Adults, 2024

Lifeline's fall detection technology does not detect 100% of falls. If able, users should always press their button when they need help.