

5 Ways Taking Care of Your Vision and Hearing Help Lower Falls Risk

Being able to see and hear well is important for good balance. Poor vision and hearing loss can increase the risk of falls. Here are five easy actions you can take today to make sure your eyes and ears are helping you reduce your risk of falling.

- 1. Get an eye exam every year.** Remember to have a dilated eye exam once a year to update your glasses and to detect eye diseases, like cataracts and glaucoma. Early detection and treatment can help protect vision and prevent vision loss and falls.
- 2. Wear glasses properly.** Use prescribed glasses and avoid wearing sunglasses inside.
- 3. Be safe while wearing bifocals:** Bifocals can make your vision blurry when navigating steps, curbs, or edges, especially while outside. If you wear bifocals, tuck your chin in when stepping over curbs and on stairs to look through the distance portion of your glasses, which provides a clearer view. Or wear single vision glasses while outside and on stairs while inside.
- 4. Check for hearing changes.** Get a hearing test once a year and receive treatment if any hearing loss is identified. Hearing tests are available online, and hearing aids for mild to moderate hearing loss are sold over-the-counter in retail stores and pharmacies.
- 5. Light it up!** Add a nightlight in the bedroom, bathroom, and hallway to help you navigate in the dark and find the light switch.