

# NICHE

NURSES IMPROVING CARE FOR HEALTHSYSTEM ELDERS

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## Need to Know for Patients and Families

*What patients  
and their  
families need to  
know*



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## Vision

**Why Is It Important?** As you age you may experience changes in your vision. These changes can alter how you interact with other people and your environment and decrease quality of life. For example, changes in vision can affect the ability to read and write, prepare foods and eat, pay bills, take medications safely, and get to places outside the home.

### What You Can Do:

1. Have your vision checked once a year, more often if you are having problems seeing, have blurry vision, or have diabetes or headaches.
2. Notify your healthcare provider of any change in your vision.
3. Report eye pain to your healthcare provider right away.
4. Use your eyeglasses, contact lenses, or sunglasses, if needed.
5. Provide lighted magnification, if needed (large lighted magnifiers are available at low vision centers).
6. With age, eyes become dryer. Consider natural teardrops to provide moisture and lubrication to the eyes.
7. Use proper lighting. Too little light can limit your vision. Too much light may cause eye pain or glare. Use night-lights in walk areas and rooms to provide a safe environment.
8. Check with your healthcare provider about medications that might cause problems with your eyes or eyesight.
9. Ask your healthcare provider about your ability to drive. Both daytime and nighttime driving can be affected by vision impairment.
10. At home: add color and/or pattern contrast to the edge of steps, fixtures and light switches to make them easier to see.
11. Ask your healthcare provider to provide written materials in a large size typeface with maximum contrast (black ink on white, non-glossy paper) that is easier to read.