

## VISION

*Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.*

### **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, eat, pay bills, take medications safely, and travel.

### **What you and your family can do:**

Have your vision checked at least once a year.

Notify your healthcare provider of any change in your vision.

Report eye pain to your healthcare provider right away.

Use your eyeglasses, contact lenses, and sunglasses.

Use proper lighting. Too little light can limit your vision. Too much light may cause eye pain or glare.

Use night-lights in hallways and rooms to provide a safe environment.

Use lighted magnification when glasses are not sufficient.

With age, eyes become dryer. Consult with your healthcare provider about using eye drops to provide moisture and lubrication to the eyes.

Check with your healthcare provider about medications that might cause problems with your eyes or eyesight.

Ask your healthcare provider about your ability to drive. Both daytime and nighttime driving can be affected by vision impairment.

At home, add color and/or contrast to the edge of steps, fixtures, and light switches to make them easier to see.

If needed, ask your healthcare provider to present written materials in a large type with maximum contrast (black ink on white, non-glossy paper).