

## About Vision Loss in Older Adults

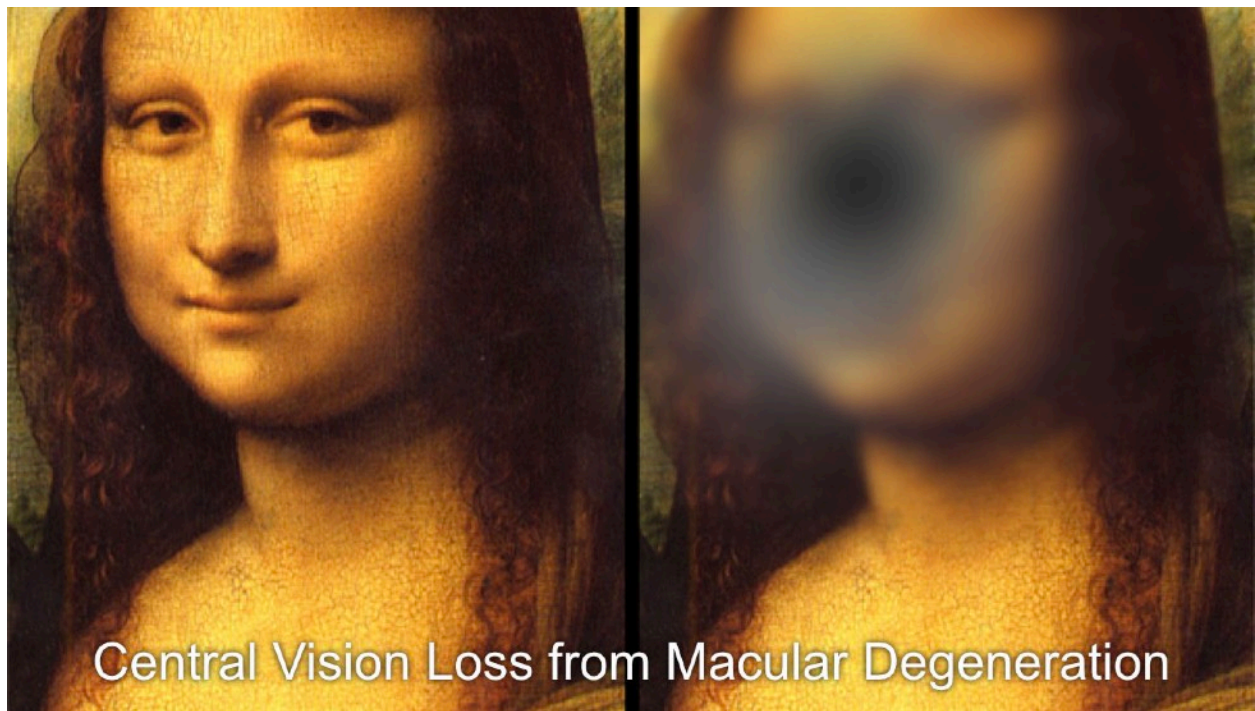
### Older adults experience vision changes with normal aging:

- Trouble adjusting to changes in light and dark
  - Give at least 1 minute to adjust
- Changes in how they see colors
  - Blue might look gray, yellow might look white
  - It helps to use bright colors
- Need more light to do close work
- More sensitive to bright light

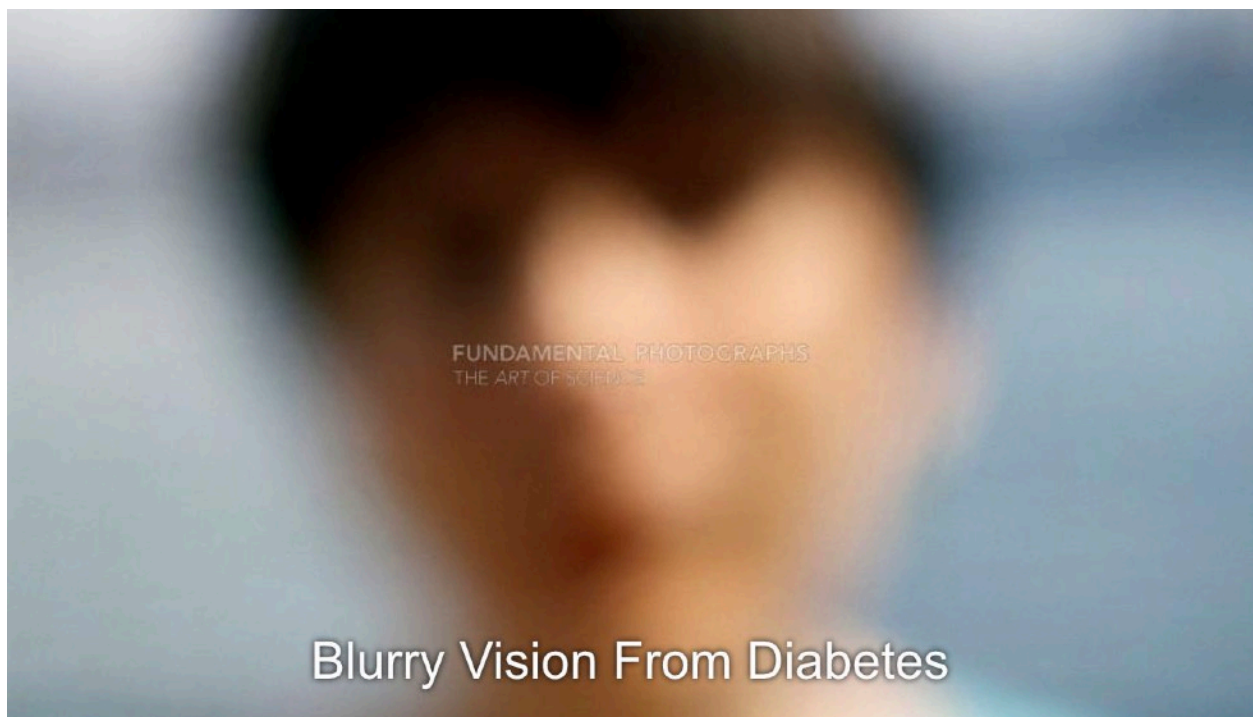
### Most Common Types of Vision Loss

- Glaucoma
  - Leading cause of blindness, from pressure on back of eye
- Macular degeneration
  - Can't see directly in front, from changes in nerves at back of eye
- Cataracts
  - Lenses in eyes get cloudy, causing cloudy vision
- Vision loss due to Diabetes
  - Overall blur, from changes in blood vessels in eyes

**ALL** require an eye exam by eye specialist to diagnose



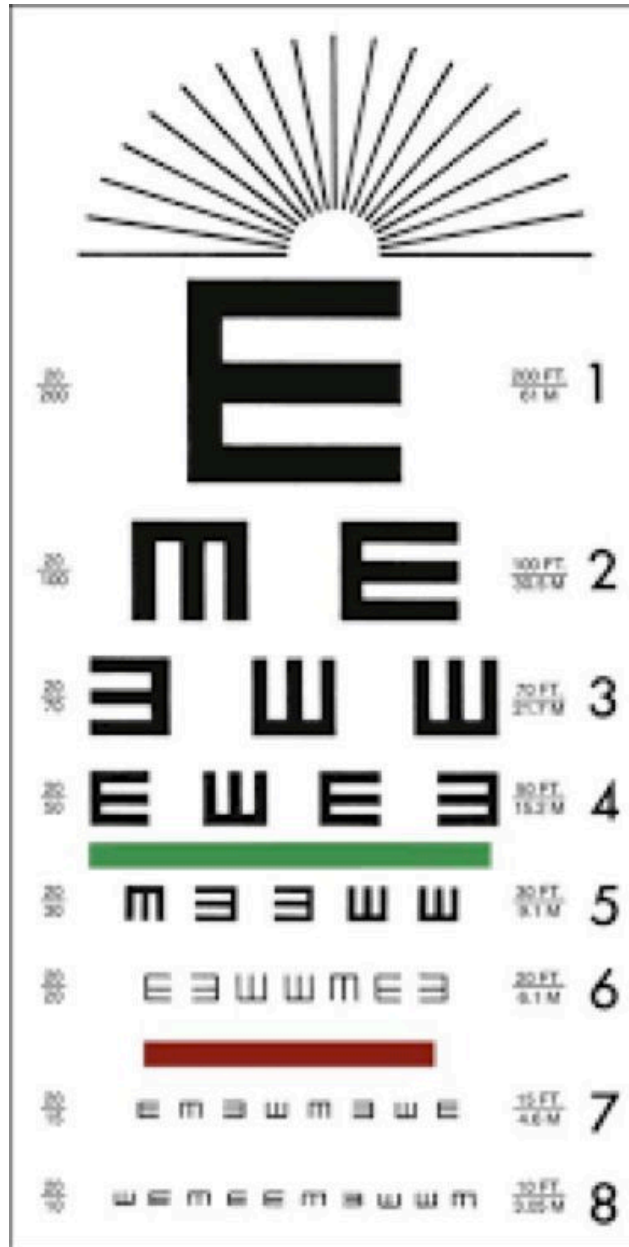
Central Vision Loss from Macular Degeneration



### **Eyeglasses for Older Adults**

- Changes in the shape of the eyeball with aging cause changes in far vision and near vision
- Many older adults' vision can be helped with eyeglasses
- A Snellen chart is used to detect loss of far vision

- Reading a book, threading a needle, sorting beans from stones or other “near” work can be used to check near vision
  - Older adults with near vision problems may find that they have to hold close work or reading farther away for it to be clear



**Snellen Chart**

**Tips for Helping Older Adults with Vision Loss**

- Identify yourself
- Reduce sun glare by avoiding direct sunlight
- Arrange furniture and objects so that the older person will not trip over them
- Provide more lighting, if possible, indoors