

let's talk about

... health

MidCentral District Health Board

Half of all falls happen in the home.

These simple steps can reduce the risk of you having a fall.

- Get an eye check every two years – or more often if your vision changes.
- Take care when using bifocals, as these and transitional glasses can increase the risk of falls.
- Keep your glasses clean, and if you're short-sighted wear them whenever you're on your feet.
- Take care when stepping up or down stairs, or on other uneven surfaces.
- Use colours that contrast with the surrounding environment to make sure hazards such as steps and furniture are easily visible.
- Reduce glare and reflection by using items like curtains, lampshades, wide brim hats and sunglasses.
- Ensure that you have good lighting, both inside and outdoors. This can be done using night lights, outside sensor lights, and making sure light switches are easy to reach.

Many falls can be prevented. By making small changes, you can lower your risk of falling.

Keep your eyes on falls

Having trouble with your vision can mean trouble with falls

Could you have a vision problem?

Answer these questions to find out.

- Is it difficult for you to read newspapers, books, mail or other written material?
- Does your vision make it difficult for you to do things you enjoy, like watching TV, playing cards, or going for walks?
- Do you tend to sit quite close to the television?
- Do you have difficulty seeing clearly in dim light?
- Can you recognise people's faces from across an average-sized room?
- When crossing the street, do cars seem to appear very suddenly?

If you have answered yes to any of these questions, or have any concerns about your vision, it is recommended that you book an eye test. These are available at your local optometrist, or with your general practice (GP) team.

If your vision is limited, contact the Blind Foundation on 0800 24 33 33 for help with tips and technology or see your local GP team to help improve your vision and avoid falls.