



Everyone's vision changes with age. As you get older your eyesight may become less clear, it may take longer to adjust to light and dark, and distance and depth become harder to judge. These changes can happen gradually and you might not always notice them.

Keep Your Eyes Looking Their Best

- Have your eyes checked at least once a year by an eye doctor.
- Schedule it around your birthday to help you remember.
- If recommended, get your new glasses or new prescription as soon as possible.
- Ask a friend or family member to help you select new glasses.

See the Best You Can

- If you have glasses, wear them. Clean them daily.
- Have an eye care professional adjust your glasses to ensure proper fit. While you are there, have any eyeglass scratches removed.
- Take off your reading glasses when you are walking.

Sun Screen For the Eyes

- Wear sunglasses in the winter and summer to reduce glare outside.
- Remove sunglasses when you enter a building.
- Allow your eyes time to adjust when moving from light to dark areas.
- Stay still until your eyes adjust. You may think you are holding up those behind you but taking this time can keep you right side up.

A Brighter Home is a Safer Home

Keeping your home brightly lit can keep you safe and independent.

- Turn on the lights (indoor and outdoor), especially at night.
- Light the path between the bedroom and bathroom with nightlights.
- Keep a lamp or flashlight and your glasses within easy reach of your bed.

Don't Be Left in the Dark, Install New Bulbs

- Replace burnt out light bulbs immediately. Ask for help if you need it.
- Consider switching from traditional light bulbs to compact fluorescent lamp (CFL) bulbs. CFL bulbs use less electricity, last longer and can save you money. CFL bulbs cost around \$2 at a hardware store, discount store or grocery store.