



Low or imperfect vision can be a cause of falling. This becomes an issue for many individuals as they age but there are simple modifications that can be made to help maintain independence and safety.

In order to conserve your vision, there are a few simple things you can do.

Always wear sunglasses to protect your eyes while outdoors.

Get regular vision checks.

Make sure your diet includes vitamin D which promotes the health of your eyes.

If low vision is already an issue, there are many simple things you can do to make daily tasks more simple and safe.

Request large print reading materials.

Purchase a digital clock with large numbers.

Pin your socks together when washing and placing in your drawers.

Change your light switch plates to a contrasting color to your wall.

Place a piece of sandpaper at the end of your banister on your stairway to let you know when the stairs end.

Use either fluorescent or halogen lighting to reduce glare.

Use an electric razor.

Purchase pump-action containers.

Place colored tape on the floor where the flooring changes from tile to carpet.

Remove throw rugs.

Hang matching outfits together in your closet.

Float a duck or a sponge in the bathtub to see water level.

Store items in the same place.

Purchase a magnifier to make print easier to read.

Follow a routine during your daily tasks.

Purchase a contrasting non-slip bathmat for the bathroom floor

Purchase colored grab bars to make the easy to see.

The information presented is intended for educational purposes and should not be considered as professional advice. For further information, please contact the Greater Omaha Chapter of the National Safety Council at 402-896-0454.

ADAPTING TO LOW VISION