

Get your vision checked!



As we get older, it's important to see an optometrist each year.

Vision is very important when you move around, orient yourself in your physical space and to maintain your posture. Changes to your vision can increase your risks of falling and hurting yourself.

Over time,

- Over time, the eyes take more time to adapt to changes in light;
- it's harder to discern objects, especially at night;
- depth perception can change;
- you may develop conditions such as cataracts, glaucoma or macular degeneration.

Take action now to improve and maintain eye health.

- Keep all rooms in your home well lit and at similar intensity.
- Add motion sensor lights or nightlights in hallways and bathrooms.
- Wear glasses that protect your eyes from sunrays, even in winter.
- Mark the edge of your stairs with antislip tape.

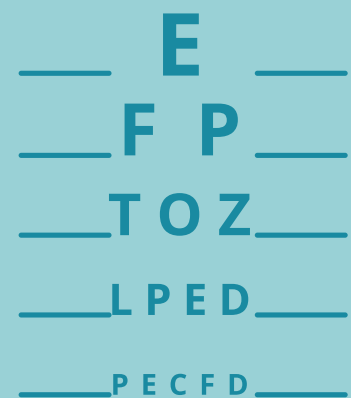
If you wear bifocals or progressive glasses...

- you may have difficulty going up or down the stairs;
- be careful when you're near the edge of the sidewalk.

It's hard to see the ground well with those types of glasses.
Talk to an optometrist.

DID YOU KNOW?

The Régie de l'assurance maladie du Québec (RAMQ) covers the costs of one eye exam a year performed by an optometrist, for people aged 65 years and over. If you already see an ophthalmologist, he or she can perform your annual exam. No need to wait... it's free!



**Stay independent.
Avoid falls!**

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