

Vision & Falls

Studies have shown that approximately a third of healthy adults aged 65 and over fall each year, with up to half of these people experiencing multiple falls. In care homes, around 50% of all residents are thought to suffer a fall annually.

Clinical audit studies have shown that up to 60% of people who fall, have particularly poor vision.

Previous studies suggest the annual cost of falls to the government could be as much as £981 million and as much as £128 million has been identified as the cost of falls directly attributed to visual impairment.

Reduces the risk of a fall

The effect of a fall can be devastating and life changing. However, a few simple steps can ensure that you minimise the risk of suffering a fall:

Floors: Keep floors clear and unobstructed.
Ensure rugs and carpets are secure.
Ensure there are no loose wires in your pathway.

Hallway & Stairs: Always keep objects off the stairs.
Ensure that the lighting at the head and foot of the stairs is in good working order and bright, with no shadows falling on the steps.

Shelving: If your shelves are high, try and keep day to day items at a lower level.
Use a step stool that is steady and safe.

Bathrooms: Use a non-slip shower mat.
Use grab rails for getting into and out of the bath or shower.
Use mats outside the bath or shower to avoid the chance of slipping.

Bedroom: Place lighting within easy reach of your bed and use a night light if this lighting does not light the path from your room to the bathroom at night.
Ensure bedding does not drape the floor.

Vision & Eyes

It is no surprise that vision plays an important part in preventing falls.

Visual functions such as Visual Acuity, Contrast Sensitivity, Visual field loss and Stereopsis all play a role in seeing clearly and can be effected by:

- Incorrect use of glasses.
- Eye conditions such as Cataracts, Glaucoma, Diabetes and Age related Macular Degeneration.

A regular eye examination can help you protect against falls and empower you with the knowledge of how healthy your eyes are. In fact, a regular sight test forms an essential part of our annual health and wellbeing checks.

Professionals

If your client has suffered a fall or is at risk of suffering from falls, ensure they have a regular eye test and are aware of their visual capabilities.

Call us for information about our 'Vision & Falls assessment', our report can help you to better manage your client's care.

Home Health Clinic is a registered provider of NHS visiting eye tests. Our service may be free if you are over 60 or entitled to a free NHS eye test. We also provide NHS Spectacle vouchers that can be used to pay for your glasses.

If you would like to find out more about how we can help to safeguard against falls, call us now on 020 8428 4068.