

Healthy Vision for Seniors

See Clearly. Live Safely. Stay Independent.

Vision impacts:

- Balance
- Safety
- Independence
- Confidence in daily activities

Protect Your Vision

- Schedule regular eye exams
- Keep glasses prescriptions up to date
- Stay active and engaged
- Manage chronic conditions like diabetes and high blood pressure
- Improve lighting and reduce clutter at home

Know the Signs

- Blurred vision or reduced vision
- Trouble seeing at night
- Increased falls
- Eye strain or headaches
- Sensitivity to Light
- Difficulty seeing contrast or depth

How Therapy Can Help

- Improving balance and mobility
- Reducing fall risk
- Training for safe daily activities
- Recommending environmental safety modifications
- Supporting confidence and independence

Small changes can make a big difference.

