

Vision and Falls: Reduce Your Risk

1. Get a dilated eye exam at least every two years. If you are over 60 years old, get an eye exam every year. Get an eye exam more often if recommended.
2. If you have **diabetes**, see an eye doctor **at least once each year**. Call your eye doctor right away about any sudden vision changes.
3. Don't delay cataract surgery if it is recommended.
4. Keep your eyeglasses prescription up to date. Use extra caution walking with new bifocal prescriptions, especially on stairs.
5. Clean your glasses every day or if they get dirty.
6. Wear sunglasses when in bright light or sunshine. Wear a visor to shade your eyes.
7. Improve lighting in your home. Use contrast when possible. Use curtains or shades to reduce glare.

8. Stop so you don't drop (fall) when adjusting to light changes (for example, when moving from outside brightness to a dark restaurant).
9. Remove or repair tripping hazards. Repair large cracks in sidewalks and driveways.
10. Ask your eye doctor if a cane would be appropriate for you. Scan ahead!

If you or someone you know has significant vision loss, get information by contacting the Office for the Blind and Visually Impaired by phone at 888-879-0017 or by email at DHSOBVI@dhs.wisconsin.gov.



WISCONSIN DEPARTMENT
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