

## Eye Care

Eye diseases like macular degeneration, cataracts, glaucoma can have an impact on your loved ones functional abilities and quality of life. For some impaired vision can even result in depression, withdrawal and inactivity.

Tips for helping a loved one with low vision:

1. Learn as much as possible about the visual condition and their limitations. Encourage loved one to be as independent as possible while offering support and assistance when needed.
2. Be aware of the aids that they require for example eye glasses, hearing aids and dentures to name a few are essential. If required ensure your loved one has their glasses on and ensure that the glasses are clean. You play an important role in helping your loved one to keep track of their aids and assisting them to remember to use them.

If your loved one is cognitively impaired they will need reassurance and assistance.

1. Keep surroundings well-lit but be mindful of glare.
2. Protect eyes from excessive bright light; use sunglasses when outdoors
3. Minimize falls by using night lights, reduce clutter and remove hazards such as throw rugs and electrical cords. Keep rooms organized to what is familiar for your loved one so that they can find items easily. Remember this is their room/home and it should be set up to their likings and needs.
4. When serving a meal to someone with vision loss explain to them where the food items are located on the plate.
5. Place items within reach (call cord, phone, etc) and ensure loved one is safe before leaving their room after care has been provided