



# See clearly to prevent falls. Make the most of your vision.

Have an **Optometrist** check your eyes and glasses **every year**.

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Increase **lighting** in the home, especially at night.

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**Reduce glare** with curtains and blinds.

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Wear **sunglasses** and a hat outside.

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**Highlight** edges of steps and stairs.

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Allow your eyes to **adjust** to changes in light before moving.

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