

Vision Care

As we age, our eyes and vision naturally decline, increasing the risk of conditions such as presbyopia, glaucoma, dry eyes, cataracts, and macular degeneration.



Eye Conditions

- **Presbyopia** (farsightedness): difficulty focusing on close objects.
- **Myopia** (nearsightedness): difficulty focusing on far away objects.
- **Cataracts**: cloudy vision and light sensitivity.
- **Glaucoma**: peripheral vision loss.
- **Macular Degeneration**: loss of central vision.

Symptoms

Many people with age-related eye conditions **won't notice symptoms in the early stages**. If your loved one experiences blurred vision, stinging eyes, excessive or insufficient tearing, spots or flashes of light, tunnel vision, headaches, difficulty seeing at night, eye fatigue, trouble focusing, or issues distinguishing colors, contact an eye doctor immediately.

Adaptations

Use bright, **non-glare lights** and **task lighting** for activities like reading. **Assistive devices** like magnifiers, large-print books, and audiobooks can make vision changes less frustrating to your loved one and help them remain independent.

Lifestyle Changes

Support eye health by eating foods rich in **vitamins A, C, E**, and **zinc**, such as leafy greens, carrots, and fish high in omega-3s. Protect your eyes with **UV-blocking sunglasses**, avoid smoking, stay well-hydrated, and **schedule annual eye exams**.

Innovative Vision Care Solutions

Technology can help your loved one maintain their quality of life:

- **Smart glasses** can describe or read aloud what your loved one is looking at.
- **Voice-activated assistants** and **smart home technology** can control lights and appliances without needing to see.
- **Eye-tracking technology** can support reading and communicating.