



# Eye Care

## Caring for Your Eyes

As you get older, your risk increases for developing age-related eye diseases and conditions that can lead to vision loss or blindness. Visit an eye care professional (optometrist or ophthalmologist) every one to two years, or more often if you notice your sight is changing, blurred or cloudy. Poor vision can affect balance and increase your risk of falling. An eye examination is covered by OHIP once a year for persons under 20, for persons 20 to 64 with certain medical conditions, and those 65 and over.

## Watch for changes in your eyesight

Many changes to vision happen so slowly that you may not notice you have a problem. Some medical conditions, for example diabetes and high blood pressure, may contribute to vision changes. See your family doctor regularly.

## Try this simple eye check:

- Does it take longer to read street signs when driving?
- Is it difficult to see furniture in a room with poor light?
- Do your eyes take longer to adjust to light changes, especially in the dark?
- Protect your vision; seek help early for any vision changes.

## See your doctor if you experience:

- Any loss of vision
- Blurred or less detailed vision
- Blind spots, halos around lights
- Flashes of light
- Greater sensitivity to glare
- Watering of the eyes
- Difficulty judging distance and depth

*Choose to be active.*

*Increase your strength, flexibility and balance.*



For more information contact York Region  
Health Connection 1-800-361-5653,  
TTY 1-866-252-9933 or visit [www.york.ca](http://www.york.ca)

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## Look after your eyesight

- Eat a balanced diet with yellow and green leafy vegetables. These vegetables are high in vitamins A and E, and are important for maintaining good eye health.
- Avoid eye strain when doing close work by taking frequent rest breaks.
- Reduce glare. Wear a wide brimmed sun hat and sunglasses that provide UV-A and UV-B protection.
- Give your eyes time to adjust when moving into a darker or brighter area. Turn on the lights. Keep your pathways and stairs bright.
- Use eye medication as prescribed by your eye care professional.

## Tips on glasses

- Clean your glasses daily with soap, water and a soft cloth. Have your vision checked annually by your eye care professional. Schedule eye appointments on a date you easily remember, such as your birthday.
- Wear glasses as recommended by your eye care professional for the activity you are doing. Reading glasses should not be used when walking.
- Allow two weeks to adjust to new glasses. Return to your optometrist if you are not able to adjust.
- Be careful when stepping off curbs and walking up and down stairs when wearing glasses, which can change your ability to judge depth.

Adapted with permission from Toronto Public Health

Canadian National Institute for the Blind 416-486-2500

Ministry of Health and Long Term Care [www.health.gov.on.ca/english/public/pub/ohip/eyecare.html](http://www.health.gov.on.ca/english/public/pub/ohip/eyecare.html)

Source: Public Health Agency of Canada, Vision care Info-sheet for seniors, 2006. Stay On Your Feet WA®



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