

Being able to see well is very important to maintaining balance. As an experiment, hold onto your kitchen counter, stand on one foot and then close your eyes. In just a few seconds we notice we are starting to wobble. Good lighting throughout your home, even at night, as well as having regular eye checkups are critical.

HOW CAN I STAY SAFE?

- Make sure you have good lighting throughout the home
 - Pay special attention to entrance ways, laundry rooms, basements, stairways, and hallways.
- Make sure you can reach the light switches easily when you first enter a room.
 - Falls can happen even if you are only walking a few feet in the dark to reach the light switch. If that's the case, perhaps it would be best to leave that light on all the time.
- Make sure you have adequate nightlights along the path between the bedroom and the bathroom.
 - Most falls happen in either the bedroom or the bathroom and they often happen when we are rushing from the bedroom to the bathroom at night.
- Get your eyes checked regularly.
 - See an optometrist regularly to make sure your vision hasn't changed, and your glasses prescription is correct.
 - Wearing clean glasses that are the correct prescription can help prevent a fall.

