STOPFALLS CAMPAIGN

Visual Awareness

Actions you can take to help protect frail individual's eye health:

Regular eye examinations

Encourage individuals supported by you to have their eyes examined at least once every two years, even if there is no change in their vision.

Wearing the correct lenses

If individuals wear glasses ensure that they are easily accessible and that the correct type are being worn for the task they are doing. Check that the lenses are clean and not damaged in any way.

Stop smoking

Smoking doubles the risk of developing age-related Macular Degeneration (AMD), the UK's leading cause of sight loss. If an individual smokes, identify strategies that can help them stop. Visit nhs.uk/livewell/smoking for advice on how to support someone stopping smoking.

Healthy diet and weight

Ensure individuals are getting a balanced diet. Eating a diet low in saturated fats, but rich in green leafy vegetables such as spinach (which has lots of Vitamin A) and broccoli, may help protect against cataracts and AMD. See the enclosed 'Health and Nutrition' sheet for more information.

Protection from UV radiation

Advise individuals to wear sunglasses when in the sunlight, it can protect the eyes from the UVA and UVB rays, which can increase the risk of cataracts.

Specsavers offer a 'mobile' opticians service and are experienced in carrying out eye tests in residential care homes in a way that is sensitive to the specific needs of the people who live in them.

You can request a free care home visit from Specsavers by calling 0800 198 113222

*Other optometrists are available