

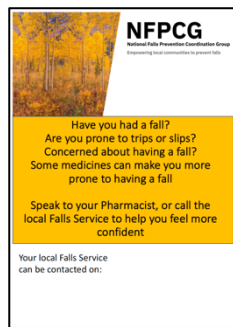
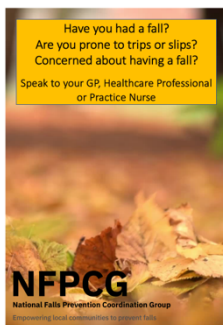
You probably do. People with vision impairment generally have poor balance are more likely to fall and to fracture compared to people with good sight.

We have produced a series of posters (as PDFs and editable PPTs) that you can put up in your waiting areas that would prompt older people to talk to you if they have had a fall or are unconfident in their balance. There are posters available for GP practices and Hospital Outpatient Clinic Areas, Pharmacies, Vaccination Centres or Community Health Centres, A& E Departments or Fracture Clinics and you can view the whole collection here <https://edshare.gcu.ac.uk/7217/> These posters can also be printed in black and white.

Consider asking if they have had a fall or are worried about having a fall. This can then lead to a discussion on ways they can feel more confident about avoiding a fall. If their vision is not good, then a prompt a visit to their local optometrist may be able to help them feel more confident with their particular vision impairment. Optometrists and Eye Care Professionals are able to give advice based on guidance from The College of Optometrists to help reduce their risk of falls, particularly if they:

- have changed the type of glasses they wear e.g started to wear bifocals, multi-focals and varifocals
- have a significant change in refractive prescription
- have low vision or visual field loss
- have loss of vision in one eye or double vision
- have Age-related Macular Degeneration (AMD)

How else can you help people avoid a fall?



- Falls are often preventable and multiple risk factors can be modified, so that their vision risk factor is less of an obstacle to them being active and mobile.
- Even if they don't have poor eyesight they may be avoiding activity or less mobile and need support to be more active.
- A medication review might benefit those with postural hypotension, dizziness or fatigue.
- For those who have Parkinson's disease, have had a stroke, or have cognitive decline or frailty, seeing a Falls Service may help them manage their falls risk.

Perhaps you could identify Falls Services near to you. You can offer this information to them if you feel a falls assessment and intervention (wider than their vision) is needed. *(You can do this by typing 'Fall Service' and adding your town into your search engine. If you work in a large city there may be multiple services led by the NHS or local community organisations. If you can identify a telephone number for your local Falls Service this will be extremely beneficial for those who may not be digitally literate).*

Thanks for helping people live more confidently and independently without fear of falls.