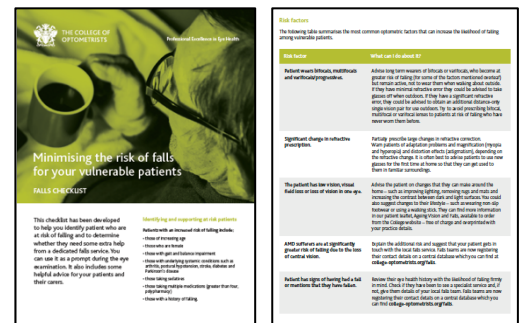


**You probably do. People with vision impairment are more likely to fall and to fracture compared to people with good sight.**

During the eye examination, consider asking your patient 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 with their particular vision impairment.

The College of Optometrists have developed a simple 2 page *Falls Checklist* that gives you quick and accessible information on what advice you can offer your patients 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/progressives
- have a significant change in refractive prescription
- have low vision or visual field loss
- have loss of vision in one eye
- have Age-related Macular Degeneration (AMD)
- have double vision
- are avoiding activity in case they fall or
- mention they have had a fall



You can find out more about the link between vision and falls and download the *Falls Checklist* [here](#). Guidance for Professional Practice includes recommendations on prescribing and falls can be found [here](#).

### How can you help people avoid a fall?



- Depending on their vision, talk through the advice in the Falls Checklist.
- 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. Identify any Falls Services near to you and your patient. 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 your patients who may not be digitally literate).*

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. We also have produced a poster you can put up in your waiting area that would prompt your patients to talk to you if they have had a fall or are unconfident in their balance. This is available to download from: <https://edshare.gcu.ac.uk/9943/>

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