

AGING EYES

SENIOR CITIZENS AND LOW VISION

Each day, approximately 10,000 Americans turn 65. One in six adults this age or older has a vision impairment that cannot be corrected with glasses or contacts.¹ Almost three million Americans have low vision² which can make simple tasks such as reading, writing, shopping, watching television or even recognizing faces almost impossible. Low vision can be caused by a number of eye diseases like macular degeneration, glaucoma and diabetic retinopathy. Because so many people are affected by low vision, certain techniques and resources are available in order to help them live their daily lives while dealing with these challenges.



See an ophthalmologist. Individuals who are affected by low vision can improve their quality of living through low vision rehabilitation.



Check the settings on your devices. Many phones and electronic devices offer the setting to increase text size displayed on screen.



Organize and label your belongings so that they are easily recognizable. Relying on a consistent placement of objects can make life much easier for those with low vision.

The most important thing one can do if they have low vision is to get a comprehensive eye exam on a yearly basis and discuss their needs with an eye care professional.



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¹/<http://www.pewresearch.org/daily-number/baby-boomers-retire/>
²/<http://www.geteyesmart.org/eyesmart/diseases/low-vision.cfm>
American Academy of Ophthalmology