See clearly to prevent falls.

Make the most of your vision.

Have an **Optometrist** check your eyes and glasses at least **every 2 years**.

Increase **lighting** in the home, especially at night.

**Reduce glare** with curtains and blinds.

Wear **sunglasses** and a hat outside.

**Highlight** edges of steps and stairs.

Allow your eyes to **adjust** to changes in light before moving.