

# Your Health Matters

## SEEING THE TRUTH ABOUT FALL PREVENTION



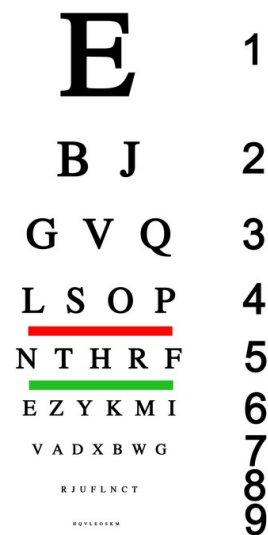
Taking care of your vision will help you move around safely and help you keep your balance, which can prevent falls.

### Eye exams are paid for by OHIP for people:

- Under 20 years old or over 65 years old, once every year
- 20 years old to 64 years old, once every year if you have a certain medical condition that affects your vision

### Tips:

- Schedule eye exams every year or every two years depending on your age and health conditions.
- Make sure you wear your glasses and keep your prescription up to date.
- Remove your bifocals or reading glasses when walking or climbing stairs.
- Turn on lights and use night lights to keep walkways well lit.
- Use sunglasses, lamp shades or blinds to reduce glare from the sun or light in your house.
- Use a phone with large buttons so that you can see them easily.
- Mark your steps with coloured tape so you can see each one.
- Print emergency phone numbers in large writing so you can see them in the case of an emergency.



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