

VISION LOSS

IN OLDER ADULTS



Tips For Engaging with Adults Experiencing Vision Loss



There are many types of vision loss and not everyone who has vision issues is starting to see more and more black

Ideas for When Meeting

- Listen to music
- Read aloud
- Exercise (going for walks)
- Arts and crafts or something with texture
- Talk and ask questions

- When entering a room, introduce yourself, and pick one characteristic about yourself to remind them of every time.
- Always put things back in the same place, and ask where it goes if you forget where it came from.
- Understand that they may not have the same facial cues as you - looking sideways out of their eye may be their only way of seeing you and they may frown when you expect them to smile because they're focusing hard on seeing something.
- If you have to write something and they say they may be able to read it, write it in large print, as opposed to cursive.
- Ask before taking their arm when walking, helping them put on their jacket, etc. as to not startle them.
- If they want assistance walking, allow them to hold your elbow or arm and let them know about hazards in front of them (curbs, ramps, doorways, etc.)

Types of Vision Loss in Older Adults

Glaucoma



NORMAL VISION



EARLY GLAUCOMA



ADVANCED GLAUCOMA

Cataracts



Normal Vision



Cataract Vision



Befrienders
Enhancing Lives Through Friendship