



FEATURE ARTICLE FROM **Always Best Care**

Common Vision Problems in Older Adults

With aging, it's normal for vision to change. Many people find that they need glasses to help them see fine print or focus when looking at a distance, when in their younger years, their vision was fine. Changes in eyesight can be very gradual over time, to the point where you may not even realize at first that anything is different. Getting [regular eye exams](#) can help detect problems before they become more severe. Individuals age 60 and older are encouraged to have their eyes checked annually.

Here are some common [vision problems](#) that affect older adults:

Cataracts

Cataracts occur when protein builds up on the lens of the eye and makes vision cloudy or blurry. Colors may also appear less vibrant, and it can become more difficult to see at night. Cataracts are one of the most common eye problems that affect seniors, but they can be treated. Cataract removal can help restore and improve vision.

Age-Related Macular Degeneration (AMD)

AMD occurs when the macula in the eye – part of the retina – begins to deteriorate. In many cases, this is a slow process. As the macula becomes more damaged, central vision decreases. Imagine looking at a person, but their face is blurred out. Or looking at a clock, but you can't see the hands. Seniors become more dependent on their peripheral vision since they cannot see what is straight ahead. There is no cure, but treatment may help to slow the progression and maximize current vision.

Glaucoma

Glaucoma occurs when too much pressure inside the eye damages the optic nerve. There may be few to no symptoms of this condition until noticeable vision loss occurs. Vision loss often begins with peripheral vision. Without treatment, it can lead to blindness. Eye drops or surgery may help to reduce and control pressure to preserve sight.

Dry Eye

When the eyes do not produce enough tears (or they are poor quality), they can become dry and irritated. This can be uncomfortable and also affect clear vision. Eye drops are often prescribed to not only increase moisture in the eye, but also stimulate tear production.

Coping with Vision Changes

It can take time for seniors to adjust to changes in vision and adapt how they do daily tasks or make sense of information. Low vision aids such as glasses, magnifiers, large print, large buttons, [improved lighting](#), and contrasting colors can help seniors to make the most of the vision they have. Hiring an in-home caregiver can provide support with daily activities and promote greater independence as seniors adjust. A caregiver can help with tasks that are challenging, frustrating, or unsafe due to poor vision while allowing seniors to age in place. [Always Best Care](#) provides comprehensive services that are aligned with each person's individual needs and abilities. Call (855) 470-2273 to learn more and schedule a free consultation to find out how an in-home caregiver can support seniors with vision loss or other challenges.