



C · S · B · P · S

CSPBS Fall Prevention Program

Older adults with low vision have a heightened fear of falling that can increase the risk of falling. As a result we have an educational and in-home assessment program aimed at reducing the risk of falling. We provide and/or recommend:

- Education about risk factors about falls in general, as well as those related to vision loss.
- Regular follow-up visits with an eye care provider to monitor changes in vision as there are several age-related changes in vision that place older adults at greater risk for falling.
- In-home evaluation of environmental aspects that contribute to risks of falling, such as loose wires, cords, and throw rugs not securely fastened.
- We encourage folks to look at areas and pathways that are full of visual clutter, and remove or reduce the clutter.
- Evaluation of lighting in all areas of the home, but especially in halls, entrances, and stairways. We recommend the installation of a nightlight in the bathroom as a point of reference, and that the lights be turned on if getting up in the middle of the night.
- We suggest the installation of non-skid rubber mats near the stove and sinks, and recommend that all pouring is done over the sink as spills may go unrecognized by people with a visual impairment.
- We encourage people with impaired vision to work with the Orientation and Mobility Specialist to learn the appropriate and safe methods of independent travel with and without a white cane, and to wear sturdy rubber soled shoes while engaged in this activity.
- We remind people with a vision impairment that inactivity is dangerous, and encourage them to participate in a regular exercise program.

COMMUNITY SERVICES FOR THE BLIND AND PARTIALLY SIGHTED

9709 THIRD AVE NE #100 • SEATTLE WA 98115-2027 • (206) 525-5556 [v/tdd] • (206) 525-0422 [fax] • (800) 458-4888 [toll free]

www.csbps.com • www.sightconnection.com • email: csbps@csbps.com