

SIGHT AFTER SIXTY



Visual acuity declines & our risk
of developing sight-threatening
eye conditions increases as we age.

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**NATIONAL EYE
HEALTH WEEK**
MONDAY 23 – SUNDAY 29 SEPTEMBER 2024
VISION MATTERS

CARING FOR AGEING EYES

The natural ageing process as well as the cumulative effects of environmental and lifestyle factors all take their toll on our eyes as we age.

By the time we reach our 60s over 96% of us will require some form of vision correction.

In addition to conditions such as long- or short-sightedness there are a number of eye conditions that are age related including: Age-related Macular Degeneration (AMD). This is the UK's leading cause of sight loss and affects the central vision of around 700,000 older people in the UK.

Around 1 in 10 people over 75 suffer glaucoma whilst, 26% of all cases of sight loss in over 75s is due to untreated cataracts.

Dry eye disease and flashes & floaters are also common in over 60s. Suddenly seeing lots of flashes or floaters in your vision can be a warning sign of a retina detaching and requires urgent medical attention.

Poor uncorrected vision can lead to a reduction in your physical and mental health and can significantly increase your risk of falls. Around one in three adults over 65 who live at home have at least one fall a year, and about half of these will experience falls more often.

Having regular sight tests, which are free on the NHS for all over 60s, can help improve quality of life by detecting and treating eye problems early.

It's recommended that adults have their eyes checked at least once every two years, unless advised otherwise by their optometrist.

Your dispensing optician can advise on low vision aids.

If you have a physical or psychological illness that leaves you housebound ask your local optical practice about domiciliary sight tests that can be carried out in your home, residential care home or at a day care centre.

Macular Society, Glaucoma UK, British Journal of Ophthalmology 88(3); Generation Eye Report 2017