

Changes in Vision: A Fact Sheet on Aging

Vision Changes:

- Farsightedness – inability to see close objects clearly; loss of elasticity of lens
- Sensitivity to light and glare – “night blindness”
- Visual activity or clarity – lose gradually with age
- Color vision – changes in filtering
- Cataracts – 95 percent of all cataract surgery is successful
- Blindness – glaucoma, arteriosclerosis, hypertension, diabetes

Vision difficulties may produce these behaviors:

- Coordination difficulties (buttoning, finding food on a plate)
- Tunnel vision (positioning of objects seemingly ignored)
- Visual hallucinations – rapidly move at edge of vision field
- Squinting
- Color selection – bright over dull colored objects
- Uncontrolled eye movement
- Depth perception – spilling food or drink
- Inability to copy
- Difficulty distinguishing an object from its background

Actions you may take:

- Position objects **in** vision field
- Position objects consistently
- Label objects
- Simplify visual field
- Use bright colors
- Give verbal indication of actions
- Provide compensators – taste, smell, etc.