Tips for healthy vision and hearing

As we age, it's more common for us to have issues with our vision and hearing. Use this checklist to keep your eyes and ears healthy.

Vision tips

- Get your eyes checked regularly (at least once per year if you are over 65)
- Eat lots of fruits and vegetables and include antioxidant rich foods like leafy greens, berries, and carrots
- Maintain a healthy weight and blood pressure. Obesity and high blood pressure (hypertension) can lead to vision problems such as diabetic retinopathy and age-related macular degeneration
- Make sure you have good lighting in your home, as many trips and falls at home are often related to poor lighting

Common vision problems

- Cataracts (a cloudy area on your eye lens)
- Glaucoma (optic nerve damage)
- Macular degeneration (blurred or reduced central vision)

More help available to you

- Medicare provides a free eye exam to everyone over the age of 65 per calendar year so be sure to book one
- If you need glasses, you may be eligible for other subsidies so ask your optometrist or doctor

Hearing tips

- Have regular hearing tests (at least once per year)
- Avoid exposure to loud sounds or noises by wearing earplugs or noise-cancelling earphones

Hearing tips

- Ask your GP or nurse to check your ears for signs of a build-up of wax as this can dull your sense of hearing
- Keep the volume on your TV, radio and devices to a reasonable level as a high volume can damage your hearing over a prolonged period of time
- If you wear hearing aids, change the batteries regularly and clean them often

Common hearing problems

- Tinnitus (ringing or other noises in the ears)
- Meniere's disease (an inner ear problem that can cause dizzy spells, vertigo and hearing loss)

More help available to you

- The Office for Hearing Services (OHS) provides free hearing tests, hearing aids, and other devices to those eligible as well as free advice and support
- The National Acoustic Library (NAL) can provide a free hearing test through their free program called Hear For You

Consequences of vision and hearing loss

A number of problems that can arise with your eyes and ears as you age, which is why it is important to monitor both your vision and hearing, and keep healthy.

Decreased cognitive function

Not looking after your hearing and vision can lead to a decrease in cognitive function and decreased ability to learn new information or recall past information.

Increased risk of falls

Poor vision or hearing can increase the risk of falls and injuries, making it difficult for older individuals to live independently at home as they would like to.

Isolation and depression

When an older person's hearing or vision declines, it can lead to isolation and depression as they struggle to participate in activities they once enjoyed with others.

Increased risk of accidents

Poor vision or hearing can increase the risk of accidents in the home, such as kitchen fires or trips and falls.

Reduced quality of life

Neglecting your hearing or vision can reduce an older person's overall quality of life, making it harder for them to stay engaged in their community and with their loved ones.

Reach out if you need help

Speak with your doctor or specialist who can share more information on services available to you in your area.

The caring hands of Southcare's registered nurse can also help in your home, in line with your approved care needs.

Need extra support?
Our caring hands are here to help

53 Bickley Crescent, Manning WA 6152
enquiries@southcare.org.au
Phone 9450 6233

www.southcare.org.au

Southcare