



Eye on Health

Web Site Offers Information On Vision Changes

(NAPSA)—Just as the body changes with age, our eyes undergo changes, too. Some of these vision changes can be corrected with eyeglasses, contact lenses or surgery; some cannot. Most of these changes are normal, and are not caused by disease or illness. They can, however, cause problems by interfering with a wide range of everyday activities.

The most common age-related vision changes and their effect on everyday activities can include the following:

- **Increased sensitivity to glare:** Being able to see clearly when exposed to reflected light or bright sunlight—especially outdoors on a sunny day or in a hallway with highly polished floors—may require filtered lenses or other adaptations to control glare and to see the environment clearly.

- **Increased lighting requirements:** Many older adults require three to four times more light than they did previously to perform certain types of everyday activities.

- **More time required to adjust to bright light and/or darkness:** Adjusting to changes in light levels between bright and dark areas can take two to three times longer than it used to.

- **Reduced contrast sensitivity:** Difficulties seeing an object clearly against a background of the same color becomes more difficult and requires stronger contrast to make it “stand out.”

- **Decreased depth perception:** Difficulties judging distances accurately requires close attention to safety cues such as color, contrast and lighting.

- **Decreased ability to focus close-up:** As the eye muscles that control the switching of focus from far to near begin to lose flexibility,



A new Web site offers a wealth of information on eye conditions and dealing with age-related vision changes.

it becomes more difficult to perform everyday activities such as reading a newspaper, writing or sewing.

A new Web site—called VisionAWARE—offers a wealth of free information on eye conditions; blindness and low vision; how to locate vision rehabilitation services and professionals; how to cope with the emotional impact of vision loss; how to maximize all your senses; how to make simple adaptations for taking care of yourself and your home; how to adapt your computer; how to continue enjoying sports, crafts and other leisure and recreational activities; and how to find a vast range of invaluable informational and special equipment resources.

The VisionAWARE site was specifically designed for blind and low-vision adults and their families and caregivers, and was developed with support provided by Reader's Digest Partners for Sight Foundation. To learn more, visit www.visionaware.org.