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Practical solutions–Compassionate care

Quick Reference Guide

for

SUPPORTING VISION LOSS AT HOME

At a Glance

Vision loss does not mean loss of independence. A safe, familiar environment, good lighting, regular eye care, and consistent daily routines can help older adults remain confident and active. Small adjustments made early often prevent falls, injuries, and unnecessary frustration.

Daily Priorities

- Ensure glasses are clean and worn.
- Keep walkways clear and well lit.
- Return everyday items to the same place.
- Encourage hydration, good nutrition, and medications.
- Support independence whenever it is safe.

Watch For

- New vision changes.
- More trips, stumbles, or falls.
- Difficulty with everyday tasks.
- Eye pain, redness, or discomfort.

Avoid

- Moving furniture unexpectedly.
- Poor lighting and glare.
- Clutter, loose rugs, and trailing cords.

Call the Doctor If

- Vision changes suddenly.
- Flashes, floaters, or a dark shadow appear.
- Eye pain or redness develops.
- Vision loss affects safety or daily activities.

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NOTE: This guide supports, but does not replace, advice from your healthcare professional.

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Daily Caregiver Checklist

for

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- [ ] Glasses are clean and in good condition.
- [ ] Hallways and walkways are free of clutter.
- [ ] Night lights are functioning.
- [ ] Frequently used items remain in their usual locations.
- [ ] Medications have been taken as prescribed.
- [ ] Eye drops have been administered, if applicable.
- [ ] Floors are clean and dry.
- [ ] Mobility aids are within easy reach.
- [ ] Any changes in vision or eye discomfort have been noted.
- [ ] Adequate hydration and nutrition have been maintained.

Notes

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Emergency Warning Signs

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Alert Level	Warning Sign
URGENT	Sudden loss of vision in one or both eyes.
URGENT	A dark curtain or shadow moving across the vision.
URGENT	New flashes of light with a sudden increase in floaters.
URGENT	Severe eye pain with vision changes.
HIGH	Double vision or sudden difficulty judging distances.
HIGH	Frequent falls or near falls related to poor vision.
HIGH	Rapid worsening of blurred vision over hours or days.
MODERATE	New difficulty reading, recognising faces or everyday objects.
MODERATE	Increasing sensitivity to light or persistent glare problems.
MODERATE	Increasing dependence with daily activities because of declining vision.

Alert Level Definitions

URGENT	Requires IMMEDIATE attention. Call 911 or emergency services.
HIGH	Not critical but requires attention quickly, preferably within a day.
MODERATE	Monitor closely and arrange a routine appointment if symptoms persist or worsen.

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Home Safety Assessment

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Functional Area	Assessment Considerations	Action Required
Lighting	General lighting. Motion detector night lights. Glare	☐ Y ☐ N ☐ N/A
Walkways	Tripping hazards. Clear pathways. Consistent furniture placement	☐ Y ☐ N ☐ N/A
Bathroom	Grab bars. Non-slip mats	☐ Y ☐ N ☐ N/A
Stairs	Stair edge contrast. Secure handrails	☐ Y ☐ N ☐ N/A
Daily Living	Consistent frequent-use item placement. Object contrast	☐ Y ☐ N ☐ N/A
Medication/ Emergency	Medicine labels and organization. Emergency contacts. Easy - to-reach phone.	☐ Y ☐ N ☐ N/A

Review this assessment every six months, or sooner if vision changes significantly.

Notes

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Questions for Your Doctor

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Question	Has my vision changed since the last eye examination?
Notes	
Question	What are my treatment options?
Notes	
Question	Could any medications be affecting my eyesight?
Notes	
Question	Would low-vision aids or occupational therapy make any difference?
Notes	
Question	Are there any specific lifestyle, activity or diet changes that may help?
Notes	
Question	What symptoms would require an urgent appointment or emergency care?
Notes	
Question	How frequently should I schedule follow up examinations?
Notes	
Question	Is there anything else I can do to help preserve my independence?
Notes	

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