



# Fall Free Friday

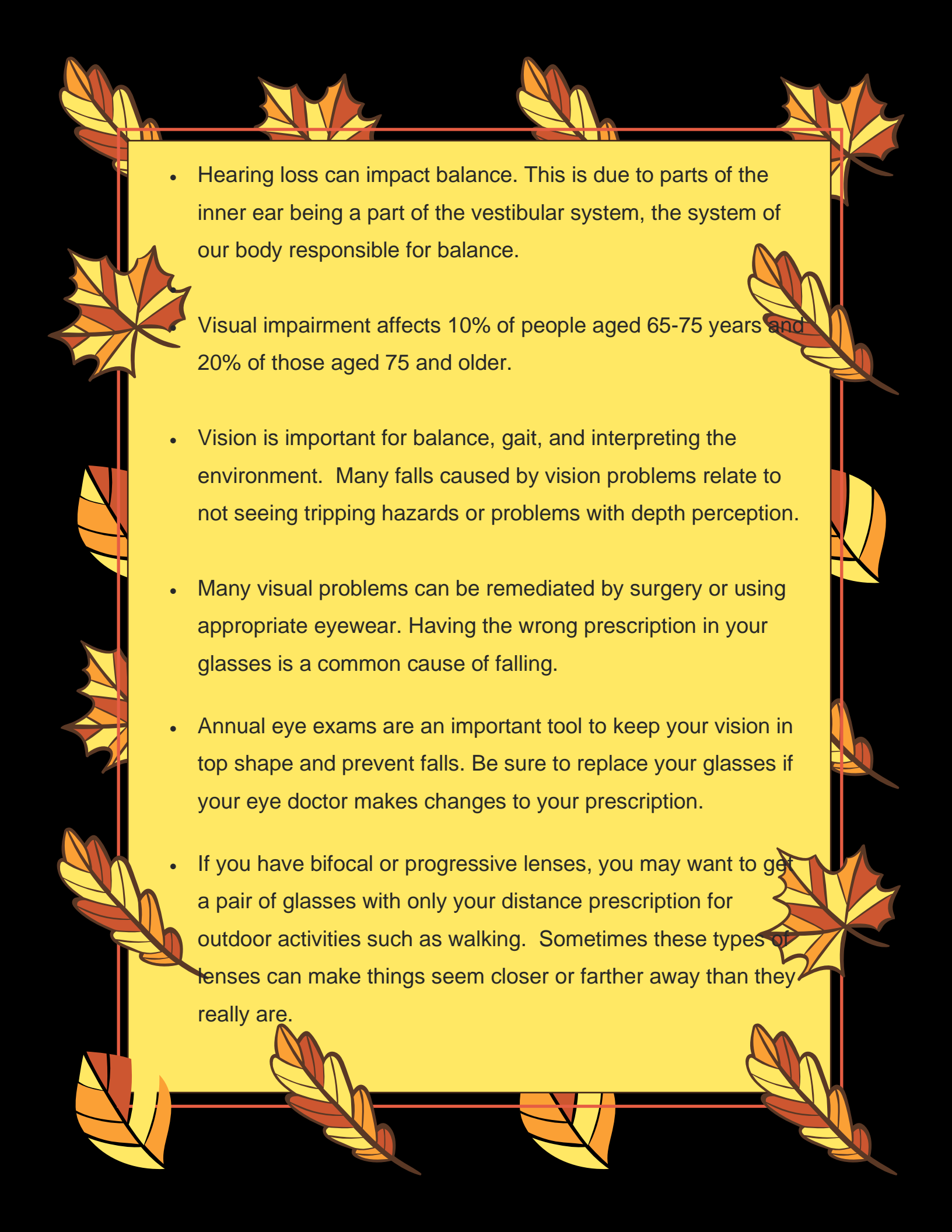
*What's Seeing and Hearing Got to do with Falls?*

**9/15/2020**

**10:00 AM**

**AAA7 FB  
LIVE**

- Hearing impairment is the third most common chronic condition in older adults, and even mild hearing loss can increase the risk of falling by three times. Greater hearing loss increases the risk further.
- Difficulty hearing puts greater strain on the brain, resulting in less brain space to maintain balance and gait, creating a higher risk of falling.

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- Hearing loss can impact balance. This is due to parts of the inner ear being a part of the vestibular system, the system of our body responsible for balance.

Visual impairment affects 10% of people aged 65-75 years and 20% of those aged 75 and older.

- Vision is important for balance, gait, and interpreting the environment. Many falls caused by vision problems relate to not seeing tripping hazards or problems with depth perception.
- Many visual problems can be remediated by surgery or using appropriate eyewear. Having the wrong prescription in your glasses is a common cause of falling.
- Annual eye exams are an important tool to keep your vision in top shape and prevent falls. Be sure to replace your glasses if your eye doctor makes changes to your prescription.
- If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.