

## Making a Move - vision component overview (65+)

### Falls and vision

Falls can occur at any age and may result in serious health issues, especially for those over the age of 65. Research shows that one in three people over 65 years fall and that 10 to 20 per cent of these falls result in an injury such as a fracture.

Vision plays an important role in healthy ageing with vision disorders accounting for approximately three per cent of the burden of disease. People with vision impairment have:

- twice as many falls
- three times the risk of depression
- an eight fold increase in the risk of hip fractures.

In addition this group of people are admitted into nursing homes three years earlier.

*Making a Move* initiative has been funded to run throughout 2010 with 22 lead organisations to run up to 15 program each across Victoria. The Vision Initiative in partnership with member organisations and the Victorian Department of Health, Aged Care Branch, Falls Prevention Unit [www.health.vic.gov.au/agedcare/maintaining/falls/index.htm](http://www.health.vic.gov.au/agedcare/maintaining/falls/index.htm) have developed a vision component for the *Making a Move* program to assist in the delivery of the compulsory eye health section.

### 65+ community group program

A 15 week program delivered within the local community which includes exercise, vision and eye health, nutrition, hydration, continence and foot care information.

The vision component is delivered through a mix of two presentations with supporting resources:

1. **Eye health and vision care session** - delivered by a local optometrist or eye health specialist. This session includes a brief overview of the eye, the five main conditions responsible for vision loss and a review of the vision screening assessment (completed during week one of the exercise program to ensure that participants have adequate vision for the exercise program).
2. **Low vision session** - delivered by a local low vision service provider or specialist. This session looks at how to access low vision services and the resources available to aid people who live with vision impairment.

It is important to note these sessions are delivered by clinical specialists, therefore six weeks notice is required to ensure speakers are available on your preferred date and time. The Vision Initiative can help you to secure a local optometrist and low vision service presenter - please fill out a booking form or contact Robyn Wallace on 03 9656 2020 or [rwallace@vision2020australia.org.au](mailto:rwallace@vision2020australia.org.au).

## Resources for the 65+ program

Resources to assist in the implementation of the vision component include:

- booking form
- vision assessment tool
- health workers reference card
- eye health and vision care presentation
- information sheets including:
  - eye health in Australia
  - Age-related Macular Degeneration (AMD)
  - cataract
  - diabetic retinopathy
  - glaucoma
  - refractive error
  - who's who in eye health
  - low vision services
- evaluation tools including:
  - eye health and vision care session evaluation
  - low vision session evaluation.

One hard copy of each resource has been provided in this kit and may be reproduced as needed, electronic copies or further hard copies can also be requested from Robyn Wallace at [rwallace@vision2020australia.org.au](mailto:rwallace@vision2020australia.org.au) or by calling (03) 9656 2020. The resources will be available for download on the Vision Initiative website from the end of March 2010 [www.visioninitiative.org.au](http://www.visioninitiative.org.au).