

Making a Move - vision component overview (80+)

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 has been funded to run throughout 2010 with 22 lead organisations to run up to 15 programs 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 have developed a vision component for the *Making a Move* program to assist in the delivery of the compulsory eye health section.

80+ home based program

Delivered within the participant's home environment by a local nurse, Home And Community Care (HACC) worker or allied health professional, the program includes exercise, vision and eye health, nutritional, hydration, continence and foot care information.

The vision component consists of a training package to enable the program provider to study relevant information about eye health and vision care. Once the study has been completed the Vision Initiative will coordinate site visits to a local optometrist and low vision service provider to enable the program provider to ask any questions that may arise during the study component.

Resources

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

- booking form
- vision assessment tool
- health workers reference card
- information sheets
 - eye health in Australia
 - Age-related Macular Degeneration (AMD)
 - cataract
 - diabetic retinopathy
 - glaucoma

- refractive error
- who's who in the eye health
- low vision services
- evaluation
- resources
- presentation for health care worker

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 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.