



## Lighting, Glare and How to Deal with Vision Changes

By Emily Mercer, OTR

As we all age, there are some predictable changes to our eyes that will occur that can put us at a higher risk for falls. The muscles that control our pupils become weaker allowing less light into the eye. This causes increased time to adjust to lighting and increased sensitivity to glare. Because of these changes, people in their 60s need three times more ambient light for comfortable reading than those in their 20s. Less light into the eye means decreased overall vision, contrast sensitivity, and color perception. Improving the quality and availability of light to our aging eyes is a great way to not only prevent falls, but improve overall ease of function. Here is a list of recommendations for lighting in the home:

When going from dark to light or light to dark, wait a few seconds for your eyes to adjust before moving forward, even in a familiar room.

Add lights to avoid going from a brightly lit room to one that is very dim or vice versa.

Make sure there is a light switch at the entrance of the doorway to avoid having to walk into a dark room.

Consider adding contrast to light switch plates (dark plate and light switch or glow-in-the-dark switch.)

Install extra lighting or preset light timers in places where it may be difficult to move around, such as hallways and stairs.

Choose night lights that illuminate floor surface/pathways vs shining at tummy or chest height.

For reading, position lighting between you

and what you want to read. Overhead lighting and light that comes in from above and the side can cause shadows and glare. The distance of the light source from the page is as important as wattage. The further away the lamp, the less illumination on the page.

For task lighting, the lamp (bulb) should be in an adjustable fixture/flexible neck. Examples of this are: Swivel lamps, 3-way lamps or dimmer switches. Use adjustable blinds, vertical blinds and/or light eliminating blinds to control amounts of light and glare during the day.

Arrange your furniture so that there is a clear path for walking and keep clutter out of walkways.

Watch television in a lighted room. It is easier on the eyes. Be sure, however, that the light isn't placed where it will cause glare or reflection off of the screen.

## Spring Green Smoothie

This recipe was made using a Vita-Mix, but if you have a smaller blender then cut this recipe in half.

2 ripe pears, cored

2 apples, cored

2 kiwis

1 chunk of fresh ginger, to your taste preference

2 lemons, juiced

water

Blend the fruit mixture until smooth and creamy.

Then stuff in **as many greens as can fit** into the vita-mix/blender and blend again, adding more greens as

the previous ones have blended. Use whatever greens please you: sorrel, kale, collards, mint, spinach, or DANDELION GREENS!

<http://www.nourishingmeals.com/2009/04/spring-green-smoothie.html>



## News and Tidbits:

April:

7 – No Housework Day

30 – National Oatmeal Cookie Day

May:

4 – Intergalactic Star Wars Day (May the fourth be with you)

6 – Dandelion Day

15 – National Chocolate Chip Day

19 – National Bike to Work Day

25 – Eat More Fruits & Vegetables Day

7 locations to serve you!

Mountain View Therapy  
Main Clinic  
(970) 240-7369  
801 S. 4th St.

Pediatric Clinic  
(970) 252-2819  
645 S. 5th St.

Rec. Center  
(970) 252-2536  
16350 Woodgate Road #100

Ridgway Clinic  
(970) 626-4050  
185 Sherman St., #103  
Ridgway, CO

Center for Wellness  
(970) 252-2646  
815 S. 4th St.

Hawk Park Clinic  
(970) 240-5958  
1404 Hawk Parkway #101

Proximity Space  
(970) 497-7040  
210 E. Main St.