

## Signs of Vision Loss ([www.visionaware.org](http://www.visionaware.org))

One of the most important functions a family member or friend can perform when assisting someone with vision loss is to help that person identify the problem and seek help. Unfortunately, many adults are reluctant to talk about their health concerns—vision problems, especially.

So it may fall on you to observe recent changes in behavior.

### Some Observable Signs That Your Loved One Is Experiencing Vision Loss

Has he or she begun to:

- Bump into things?
- Move hesitantly or walk close to the wall?
- Grope for objects or touch them in an uncertain way?
- Squint or tilt the head to see?
- Request more or different lighting?
- Hold books or other reading matter close to the face?
- Drop food or silverware when eating?
- Have trouble making out faces, the lettering on signs, etc.?
- Not notice stains on clothing or wear mismatched clothes?
- Act visually disoriented or confused in a familiar place?
- Trip on area rugs?

Has he or she been saying things like:

- I see halos or rings around lights?
- I have migraine headaches that give me blurry vision?
- I can't see anything at night?
- There are spots in front of my eyes?
- My eyes hurt?
- I keep seeing flashes of light?
- I sometimes see double?

- Everything looks distorted?
- I need more light?

If you notice these or other similar behaviors more and more frequently, it's time to have a talk with your loved one and encourage him or her to get an eye exam as soon as possible.