



INTEGRATED CARE FOR OLDER PEOPLE

VISION

Learning Objectives

By the end of this module, you will be able to:

- Explain the care pathways for managing vision impairment in older people.
- Describe the methodologies used to assess the vision and common eye conditions of older people.
- List the interventions available to manage vision impairment in older people, both in primary care and in the community.



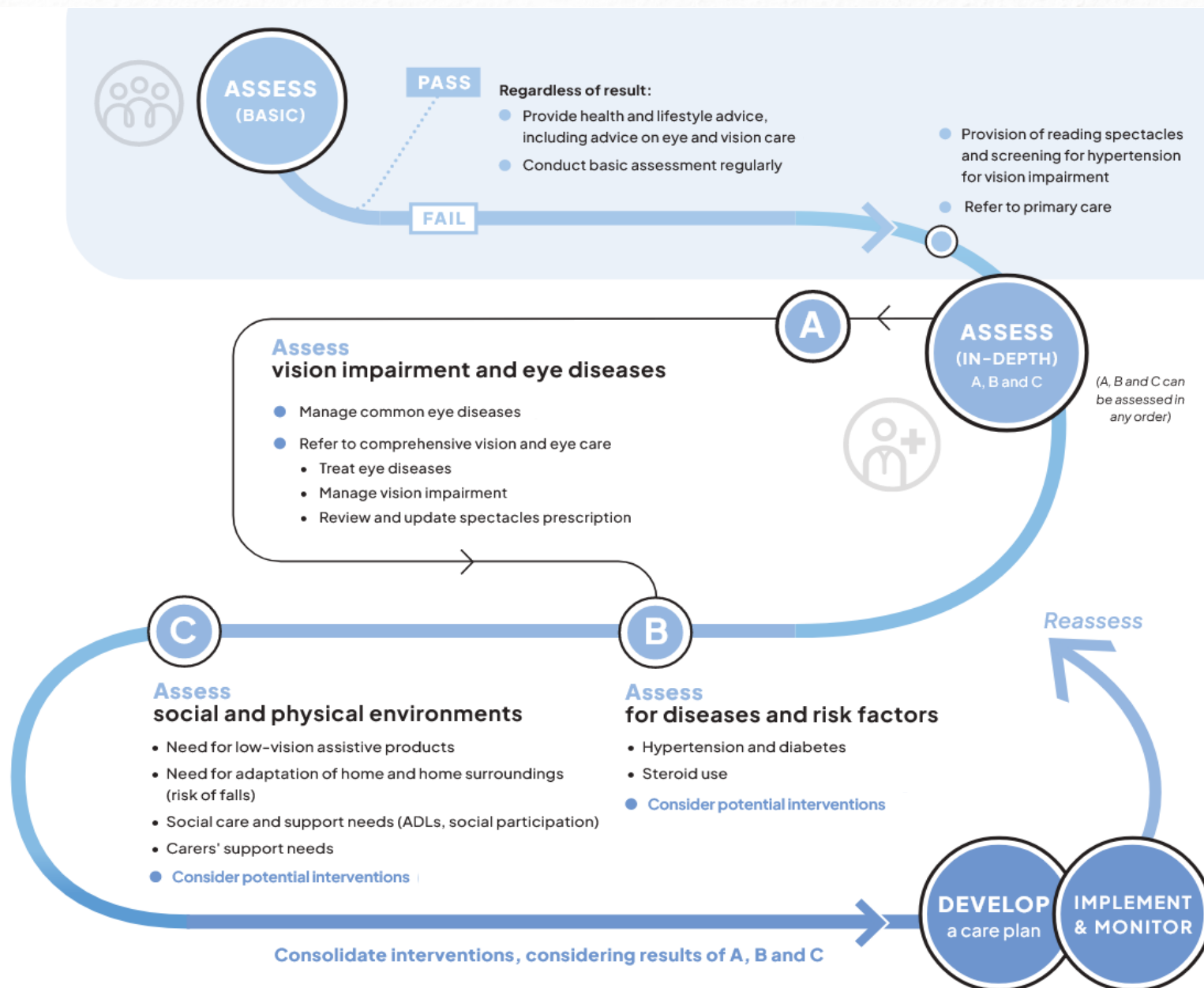


Importance of Vision in Ageing

- Vision is essential for mobility and for safely interacting with peers and the environment.
- Common age-related causes of vision impairment include cataracts, glaucoma, and macular degeneration.
- Vision impairment can lead to challenges in maintaining social relationships, accessing information, moving safely, and performing manual tasks.
- These challenges may contribute to anxiety and depression.



Care pathway to manage vision impairment





Advice and community-based care

For all older people

- Addressing common misconceptions
- Management of risk factors for vision impairment.
- Regular eye check-ups.
- Taking regular breaks from near work activities.
- Limiting exposure to ultraviolet light by wearing sunglasses and hats.
- Washing hands regularly.
- Smoking cessation, as smoking increases the risk of eye diseases.

For older people with (potential) vision impairment

- Optimisation of the home and home surroundings to prevent falls.
- Advice on how and when to use spectacles.

Provision of reading spectacles

40-50 years: +1.00 DS to +2.00 DS
>50 years: +2.00 DS to +3.00 DS

Screening for hypertension





Management of Vision Impairment

Management of common eye diseases

- Provide treatment and/or first aid care
- Referral to specialist care

Management of refractive errors

- Comprehensive vision and eye care
- Corrective measures (e.g., spectacles, contact lenses)
- Referral to refractive surgery

Irreversible vision impairment and blindness

- Provision of assistive products
- Referral to rehabilitation services

When special knowledge is needed

- Sudden or rapidly progressing vision impairment.
- Provision of spectacles for correcting distance vision impairment.
- Management of retinal diseases associated with hypertension, diabetes, or other eye conditions.
- Issues regarding the external eye.



Interventions for diseases and risk factors



Hypertension

Management of cardiovascular risk factors



Diabetes

Annual retinal check



Steroid use

Regular review of steroid prescription
Regular eye and vision examination



Interventions for social and physical environment



Need for adaptation of the home and home surroundings

Optimise physical environments to reduce the risk of falls.
Advise on the use of household objects with larger, more legible fonts.



Need for assistive products

Provide low-vision assistive products (optical and non-optical).



Social care and support needs

Support tasks of daily living opportunities for social participation.
Provide psychosocial support.



Carer's support needs

Provide advice and training, including adaptation of communication.

Summary

- Management of vision impairment includes:
 - Identifying conditions that require specialist care.
 - Providing reading spectacles and magnifiers when needed.
 - Offering vision rehabilitation.
 - Assisting with adaptation to low vision.
 - Assessing and managing associated conditions, such as hypertension, diabetes, and the effects of steroid use.
 - Environmental modifications, such as better lighting, can help older individuals with vision impairment maintain their functional ability and prevent falls.
 - Community stakeholders can support older people with vision impairment by mapping local environments and forming peer support groups.

References

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