

## Falls Prevention service

St Paul's Cray Clinic  
Mickleham Road  
Orpington BR5 2RJ

Tel: **0300 330 5777**

Email:  
**[bromh.ucrtherapies@nhs.net](mailto:bromh.ucrtherapies@nhs.net)**

## Local support

If you are sight impaired, the **Kent Association for the Blind** are a local organisation that provides comprehensive support services.

You can contact them by telephone on **020 8464 8406** or online at **[kab.org.uk](http://kab.org.uk)**

**DeafPLUS** help deaf and hard of hearing people to improve and maintain their independence by providing information, support and a range of services.

You can contact them by telephone on **020 8315 2552** (minicom) or online at **[deafplus.org.uk](http://deafplus.org.uk)**

**Bromley  
Healthcare**  
community first

The Falls Prevention service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 0JA

**020 8315 8880**

**[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)**

**[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)**

Bromley Healthcare Community Interest Company Ltd  
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**NHS**



**Vision and hearing  
- preventing falls**  
Falls Prevention service

## Vision and hearing

Aging can affect all of the senses but usually vision and hearing are most affected.

Our sight and hearing are part of our balance system and so it is vital we take action to make best use of them and to help reduce the risk of falls in later life.

### Vision

Did you know that by the time we are 60 years old our eyes are 30% less sensitive to light?

This means we may react more slowly to darkness or bright light. Sharpness (visual acuity) gradually declines and we may be less able to tolerate glare.



Problems with glare, brightness and darkness may make you give up driving at night. You should avoid driving at night if you have cataracts.

As you get older your eyes can change without you realising. By having regular sight tests your optician will be able to spot early signs of age related eye conditions. You should have a sight test annually if over 70. Sight tests are free for over 60's.

Some opticians also carry out hearing tests and some offer a home service for those people who find it difficult to get out and about.

Depending on your circumstances you may be entitled to a voucher towards the cost of glasses or contact lenses.

A sight test is a vital check on the health of the eyes and can detect a range of common eye conditions: many of these, if found early, can be treated successfully avoiding potential sight loss.

A sight test can also spot other health conditions such as high blood pressure, raised cholesterol, diabetes and increased risk of stroke.

There is evidence to suggest single vision lenses are safer than bi-focal or multi-focal lenses.

If you wear bi-focal or multi-focal lenses it is important you look through the correct segment of your glasses particularly when walking up or downstairs, which means moving your head.

## Hearing

Your ears have two jobs. One is hearing and the other is maintaining balance.

If you have trouble hearing, discuss your symptoms with your doctor who can refer you to hospital for checks.

It is really important that you see your doctor straight away if your hearing suddenly deteriorates in one or both ears.



Make sure you attend regular appointments with audiology if you already wear a hearing aid.

Maintain your hearing aid, keep it clean and replace batteries regularly.

Persistent, abnormal ear noise (tinnitus) is a common problem in older adults. Causes may include a build-up of wax or medicines that damage structures inside the ear.

If you have tinnitus ask your doctor how to manage the condition.