



Central Coast
Local Health District

Healthy Bites Episode 42 – Preventing falls: eyes and ears

Hi, I'm Mitch from Central Coast Health.

While unfortunately our risk of falling increases as we age, looking after our eyes and ears is a vital way to reduce that risk.

Our eyes and ears are essential to our balance, and work together to enable us to stand tall, stay steady, and be aware of any obstacles at the same time! But do you remember the last time you had your eyes and ears checked by a health professional?

Look down at your feet. Do your shoes fit well and provide good support? We often think that foot pain is a “normal” part of growing older. But if you're having trouble caring for your toenails without help, have painful feet or are unsure of what sort of shoes would suit you best, it might be a good time to visit your local podiatrist.

Now what about your ears? Do you notice a ringing sensation? Do you often have to ask people to repeat what they say and find it hard to hear conversations (especially if there is background noise). Or do people complain that you talk too loudly? If so, it might be time to see an audiologist.

Whilst hearing loss and changes to our eyesight are very common for those aged over 65, it is important to have regular hearing and eye checks and use aids if required as there is a clear link between hearing and vision loss and falls.

By looking after our eyes and ears, we can greatly improve our chances of staying on our feet.