

Vision Australia

More than meets the eye;

**A trans-disciplinary approach to
falls prevention.**

Presented by:

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Vision Australia and Pam Barras, Vision Australia Client.**

Overview of Vision Australia



- Leading national provider of blind/low vision services.
- Support people of all ages and stages of life.
- Work in partnership with people to live the life they choose.
- Key focus: independence, employment, education and social inclusion.



Strategies to prevent falls

- **Contrast change of level in surfaces eg. Stairs.**
- **Use handrails to manage change in level.**
- **Turn on adequate lighting for mobilising.**



Pam, Vision Australia client with
Seeing Eye Dog Jock.

Strategies to prevent falls

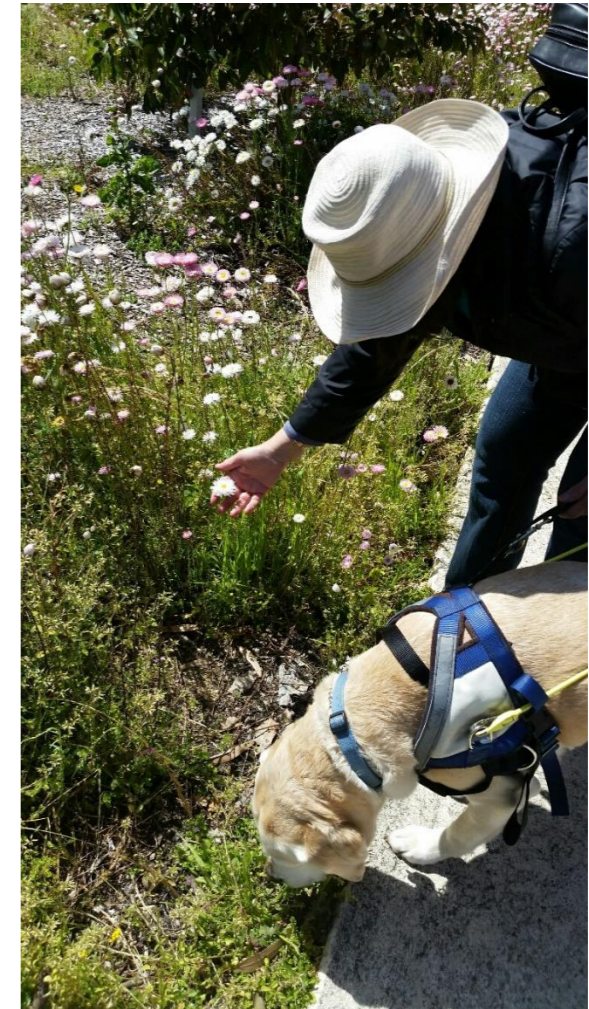
- **Tell people if you move the furniture!**
- **Avoid using heavily patterned surfaces.**
- **Keep walkways clear.**



Pam Vision Australia client with Colin and Seeing Eye Dog Jock.

Strategies to prevent falls

- **Use your mobility aid.**
- **Manage glare eg. Hat, sunglasses, close blinds, tint glass, etc.**
- **Plan your route to allow adequate time, so you are not rushing.**



Pam, Vision Australia client with Seeing Eye Dog Jock.

Strategies to prevent falls

- **Wear comfortable shoes.**
- **Keep frequently used items in reach.**
- **Maintain physical fitness and balance.**



Pam, Vision Australia client with Seeing Eye Dog Jock.

Referring locally

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Referral forms available for download via
website and pad of referrer forms
www.visionaustralia.org