

## Low Vision Creates Hidden Safety Risks — Support Helps Maintain Independence

Low vision makes reading labels, navigating rooms, cooking, and managing paperwork significantly harder. These challenges often aren't visible during clinical visits.



### COMMON CHALLENGES FOR ADULTS LIVING WITH LOW VISION

- ☐ Difficulty reading mail, bills, or medication labels
- ☐ Struggling to see steps, rugs, or furniture edges
- ☐ Spilling liquids during meal prep
- ☐ Increased fall risk due to lighting or contrast issues
- ☐ Avoiding the kitchen, leading to poor nutrition
- ☐ Stopping driving and becoming isolated
- ☐ Difficulty managing schedules or instructions

### IN-HOME CARE MODEL

Caregivers provide practical, non-medical support that helps clients stay safe and engaged.

#### CAREGIVERS MAY PROVIDE:

- Reading assistance for mail, labels, and instructions
- Medication reminders
- Meal preparation and kitchen safety support
- Mobility assistance within the home
- Organization and decluttering for safer navigation
- Transportation to appointments and errands
- Companionship to reduce isolation
- Observation of changes, communicated to family/agency

#### BENEFITS OF NON-MEDICAL HOME CARE

- Safer navigation in the home
- Reduced fall risk
- Improved daily routines and nutrition
- Reinforcement of provider guidance
- Reduced isolation and improved confidence
- Lower burden on family caregivers

### MARY'S STORY:

*"Mom could barely see but refused to admit it. She was eating cold cereal for every meal because she was afraid of the stove. Her bills were piling up unopened. She'd fallen twice.*

*Now her caregiver Beth helps with meals, reads her mail to her, and provides the eyes she needs.*

*Mom is eating real food again, and she feels more confident."*

**Alzheimer's & Dementia Experts**

## Support for Your Loved One at Home

Low vision can make even simple tasks difficult — and many older adults try to hide how much they are struggling.

If you received this handout, it's because someone believes support may help your loved one stay safer at home.

### HOW WE HELP YOUR LOVED ONE

Our caregivers provide non-medical, supportive care that helps make daily life easier and safer for those with low vision.

### OUR CAREGIVERS MAY PROVIDE:

#### READING & COMMUNICATION

- Help reading labels, instructions, and mail
- Medication reminders
- Technology assistance

#### MEALS & SAFETY

- Meal preparation and kitchen safety
- Assistance navigating rooms and avoiding hazards
- Light housekeeping and home organization

#### PERSONAL CARE & TRANSPORTATION

- Bathing, dressing, grooming help
- Transportation to appointments
- Social engagement to reduce isolation

### IS IT TIME FOR SUPPORT?

#### Ask yourself:

- Are there more spills, stumbles, or minor accidents?
- Is your loved one avoiding cooking or reading?
- Do they seem more withdrawn or isolated?
- Are you worried when they're alone?

If yes, supportive care may help.



### JERRY'S STORY

*"Dad said his eyesight was 'fine,' but the signs were there: unopened mail, spills in the kitchen, and small bruises from bumping into furniture.*

*He wasn't avoiding tasks because he didn't care — he just couldn't see well enough.*

*With a caregiver's help, his home became safer, meals returned to normal, and someone was there to guide him through the day.*

*Dad felt more confident, and we finally understood what he needed."*

**Living with Low Vision is Hard Enough.  
Managing it alone shouldn't be required.  
Call today, we can help. Call us at: 502-718-8727**

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