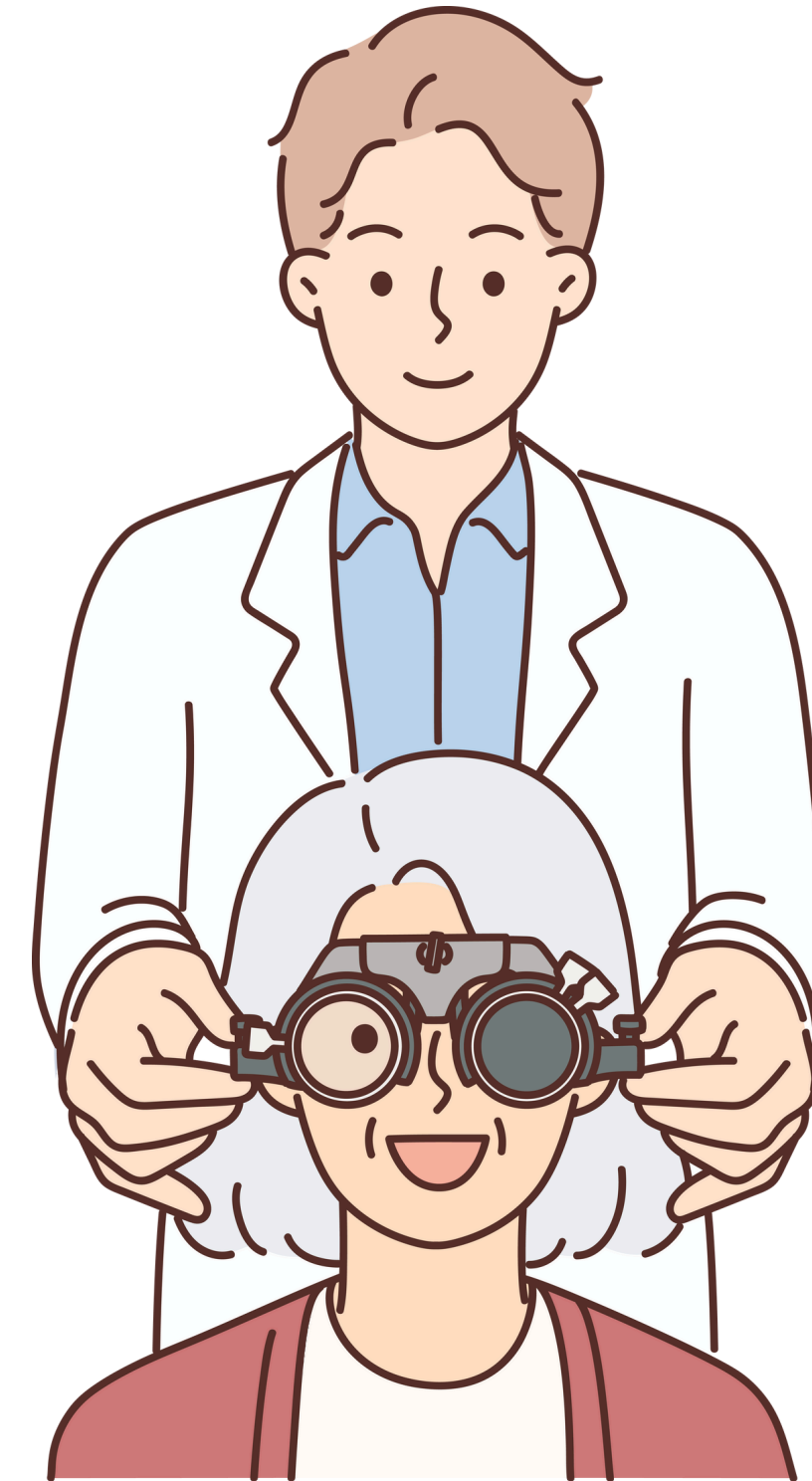
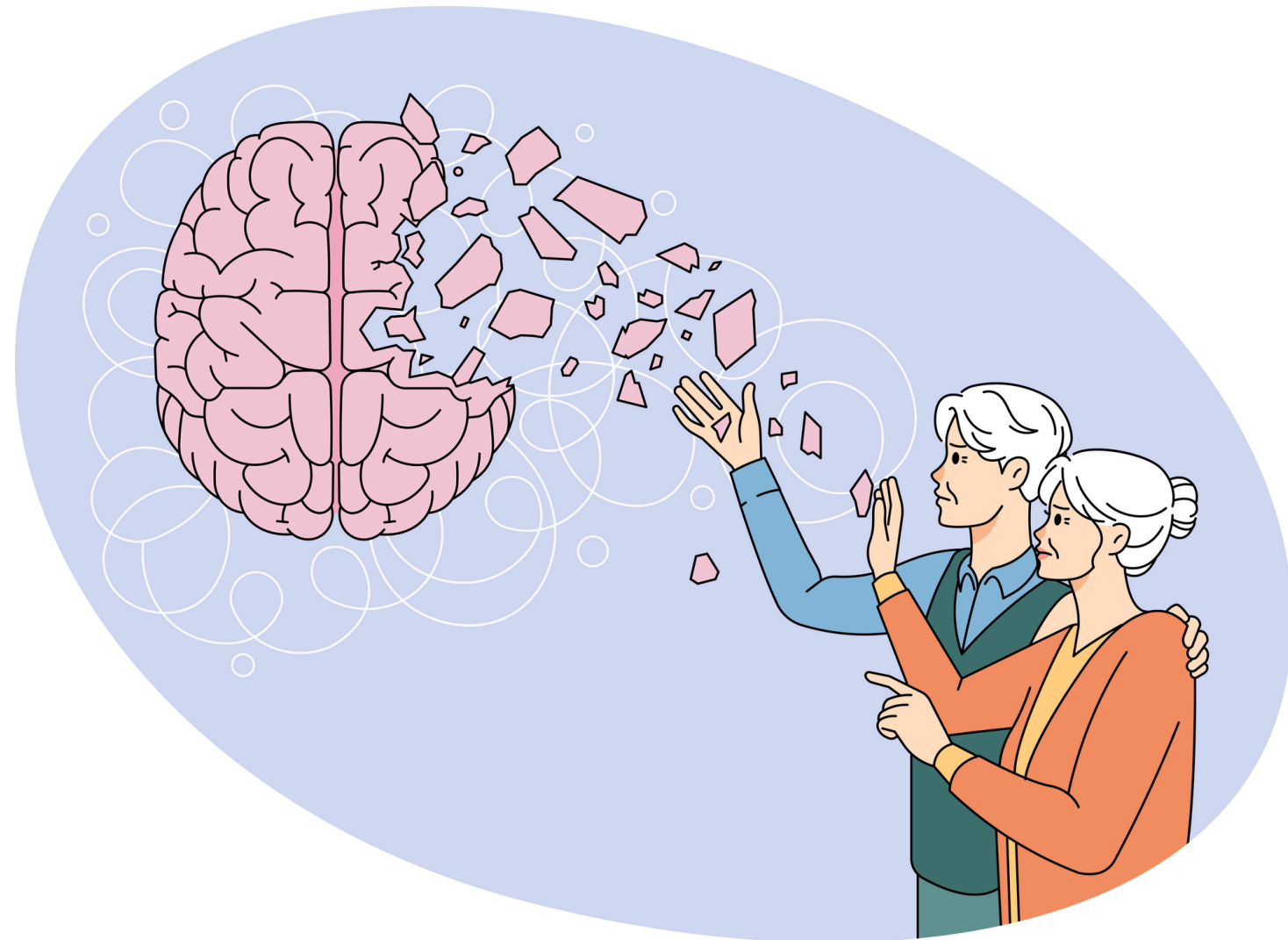


# Vision Loss and Dementia

Understanding the Connection between  
Vision Loss and Dementia and how we can  
Support Individuals with Visual and  
Cognitive Impairments



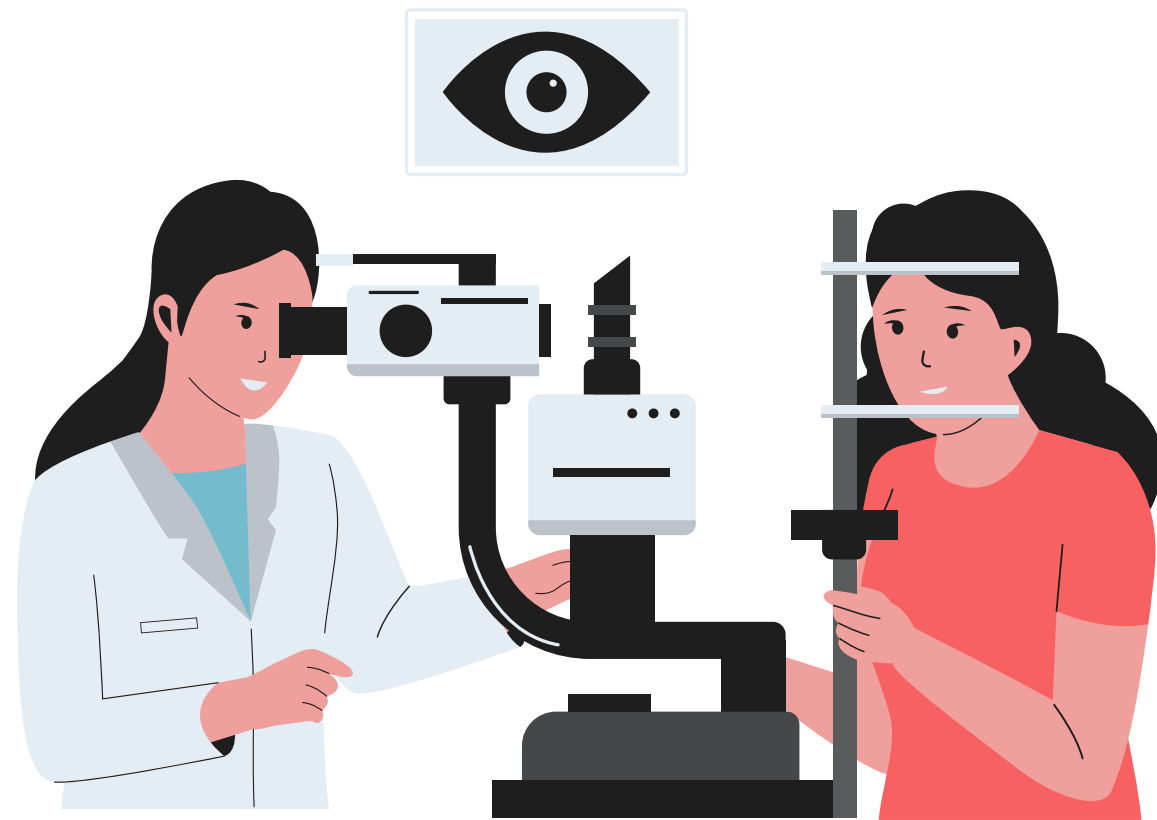
# Introduction



## Overview

- Vision loss and dementia are common in older adults and can overlap.
- Understanding the connection is essential for effective caregiving.
- This presentation explores the risks, links, and caregiving strategies.

# Types of Eye Care Professionals



## Who Provides Eye Care?

- **Ophthalmologist:** Medical doctors specializing in eye diseases, surgery, and treatment.
- **Optometrist:** Focuses on vision testing, eyeglasses, and contact lenses.
- **Optician:** Designs and fits glasses and contact lenses as prescribed.
- **Low Vision Specialist:** Provides strategies and tools for individuals with significant vision loss.

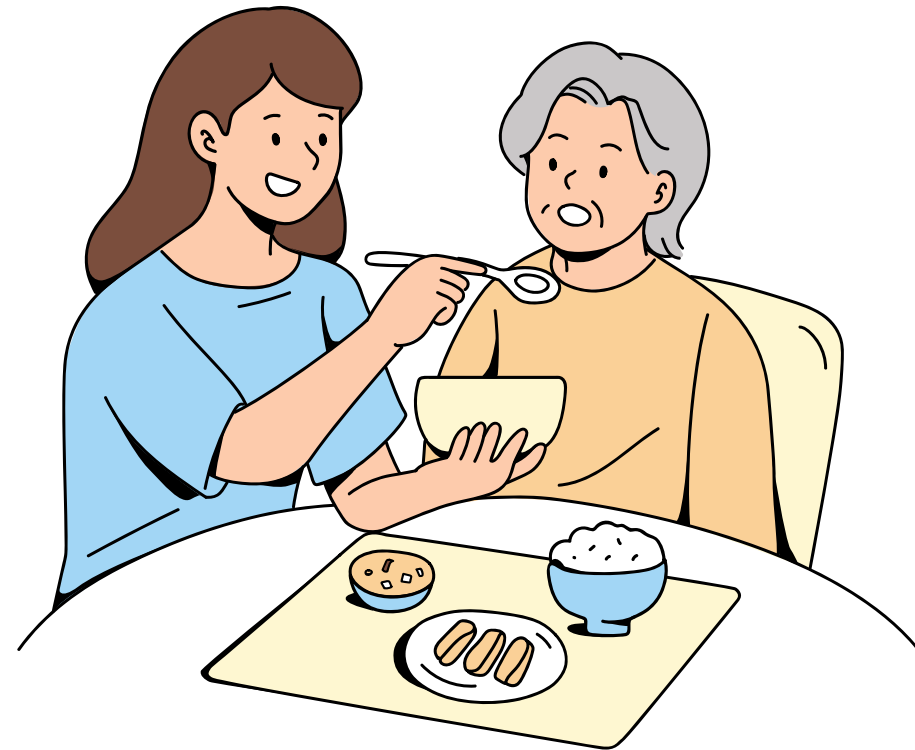
# Categories of Visual Mistakes



## Visual Perception Errors

- **Misidentifying Objects:** Confusing similar-looking items due to poor depth perception.
- **Difficulty Recognizing Faces:** Common in advanced vision loss or dementia.
- **Issues with Spatial Awareness:** Difficulty navigating surroundings.
- **Color and Contrast Distortion:** Trouble distinguishing similar colors or identifying low-contrast objects.

# Risks of Sensory Deprivation and Dementia



## Impact of Sensory Deprivation

- Cognitive Decline: Reduced sensory input can accelerate brain changes.
- Increased Isolation: Vision loss limits social interactions, contributing to loneliness.
- Mood Disorders: Higher rates of anxiety and depression.
- Decreased Functional Independence: Greater reliance on caregivers.

# Links Between Vision Loss and Alzheimer's



## Research Highlights

- Vision loss can increase the risk of Alzheimer's due to:
- Brain Plasticity Reduction: Less stimulation leads to cognitive decline.
- Behavioral Changes: Impaired vision can mimic or exacerbate dementia symptoms.
- Studies show a higher prevalence of dementia in individuals with uncorrected vision impairments.
-

# Caregiving Strategies



## How Caregivers Can Help

1. **Enhance Lighting:** Use bright, non-glare lighting in living spaces.
2. **Reduce Clutter:** Maintain organized, clutter-free environments.
3. **High Contrast:** Utilize contrasting colors for furniture, stair edges, and utensils.
4. **Magnification Tools:** Provide magnifiers or other assistive devices.
5. **Orient with Verbal Cues:** Clearly describe surroundings and activities.
6. **Social Engagement:** Encourage interaction to reduce isolation.



# Additional Support Strategies



## Creating a Supportive Environment

- Label Items: Large-print or Braille labels for household items.
- Routine and Predictability: Maintain consistent routines to reduce confusion.
- Vision-Friendly Activities: Engage in tactile or audio-based activities, such as listening to music or textured crafts
- Frequent Eye Exams: Schedule regular visits to eye care professionals.



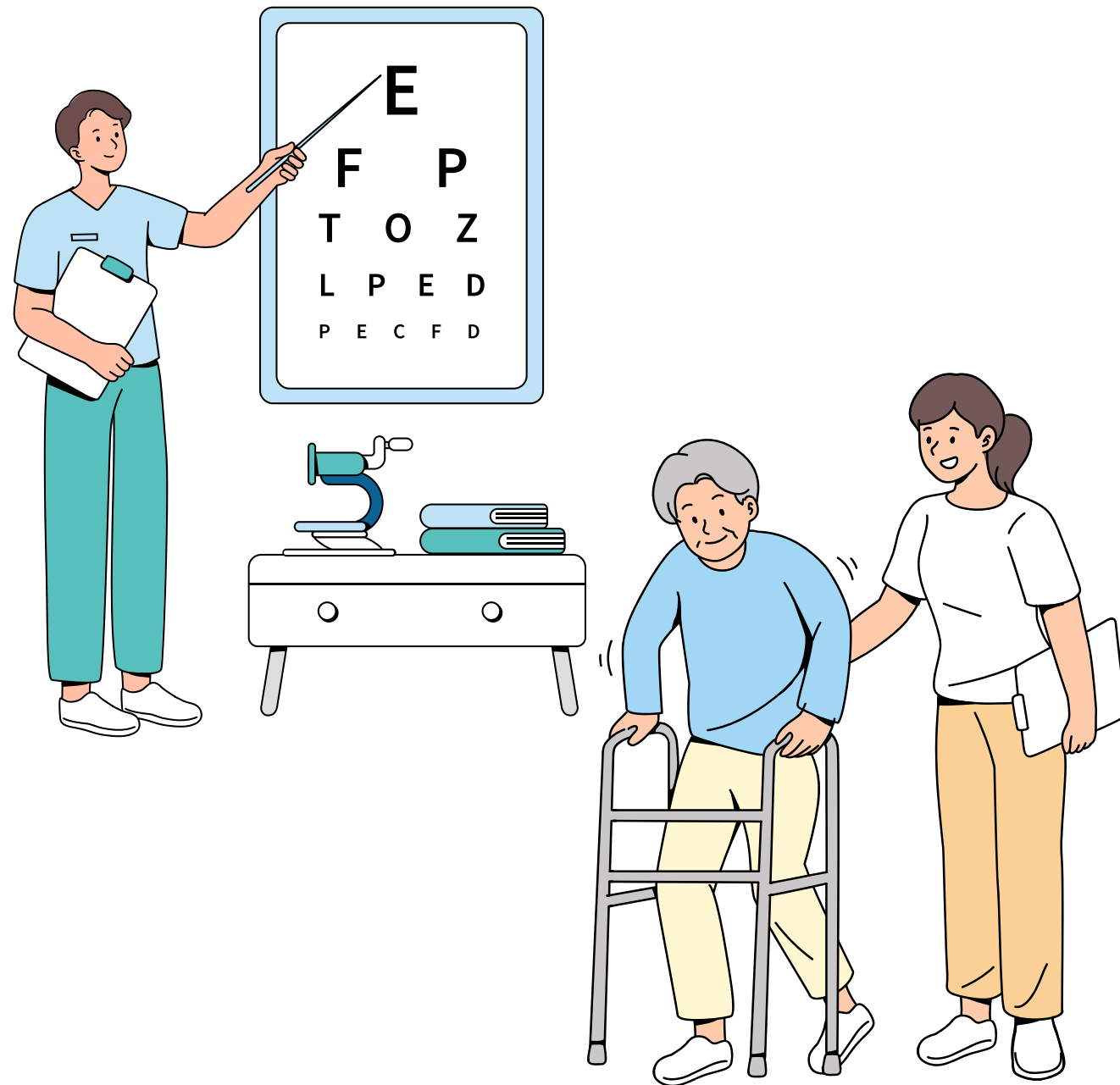
# Conclusion



## Key Takeaways

- Vision loss and dementia often coexist, creating unique challenges.
- Early intervention and tailored caregiving strategies improve quality of life.
- Collaboration among caregivers, family, and professionals is essential.

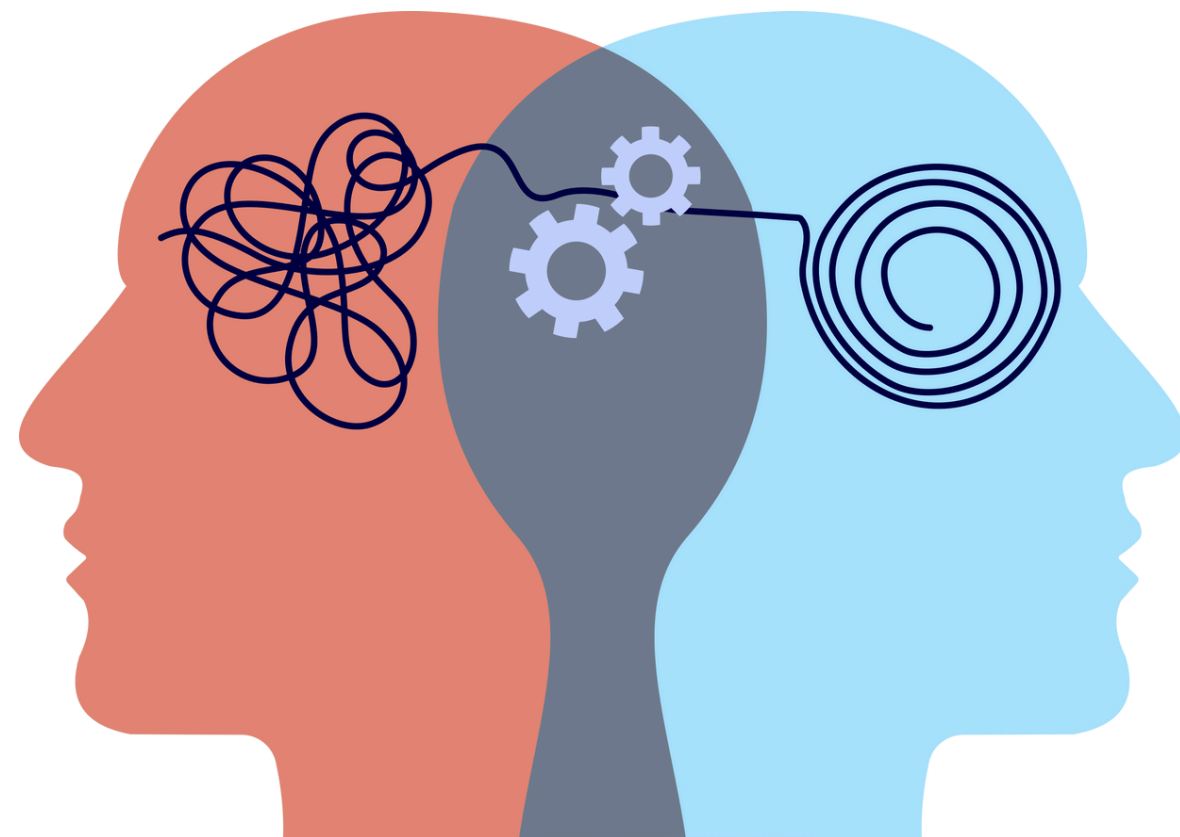
# Resources



## Helpful Links and Resources

- Alzheimer's Association: [www.alz.org](http://www.alz.org)
- American Foundation for the Blind: [www.afb.org](http://www.afb.org)
- VisionAware: [www.visionaware.org](http://www.visionaware.org)
- National Eye Institute: [www.nei.nih.gov](http://www.nei.nih.gov)

# Certifications & Additional Information



## **National Council of Certified Dementia Practitioners (NCCDP)**

[www.nccdp.org](http://www.nccdp.org)

- ADDC Alzheimer's Disease and Dementia Care curriculum
- CDP Certified Dementia Practitioner
- CADDCT Certified Alzheimer's Disease and Dementia Care Trainer
- CDCM Certified Dementia Care Manager
- CDSGF Certified Dementia Support Group Facilitator
- CFRDT Certified First Responder Dementia Trainer

## **International Council of Certified Dementia Practitioners (ICCDP)**

[www.iccdp.net](http://www.iccdp.net)

- CMDCP Certified Montessori Dementia Care Professional
- CDP Certified Dementia Practitioner