

depression and social isolation. In addition, the longer advanced forms of cataracts are left untreated, the more difficult it can be to successfully repair the damage caused to the eye.

Adults age 65 and older should have regular eye exams to monitor for the development of cataracts, in addition to other common eye conditions and diseases, such as age-related macular degeneration (AMD) and glaucoma. People with diabetes, a family history of cataracts, and those who smoke tobacco are at an increased risk of developing cataracts. Common symptoms such as dull, blurry vision, colors appearing less vibrant, and halos around lights may begin to be noticeable as cataracts develop. This cataract simulator demonstrates how vision is affected by cataracts.

Cataracts are nearly always treatable with surgery, but it may not be necessary until performing daily activities becomes difficult. If daily life isn't disturbed, a change in a person's eyeglass prescription may be all that is necessary until visual impairment becomes more severe. If completing everyday tasks is challenging, cataract surgery should be discussed with an ophthalmologist — a medical doctor specializing in the diagnosis, medical and surgical treatment of eye diseases and conditions.

"Seniors who find themselves giving up normal tasks like reading, exercising or driving due to cataract symptoms should know that they do not need to suffer in silence," said Rebecca Taylor, M.D., spokesperson for the American Academy of Ophthalmology. "Cataract surgery can help these individuals regain their sight and their independence. It is one of the most common and safest procedures performed in medicine, so seniors should not resist seeking help. Getting treatment can vastly improve your quality of life."

For people without regular access to eye care or for whom cost is a concern, EyeCare

America, a public service program of the Foundation of the American Academy of Ophthalmology, offers eye exams and care at no out-of-pocket cost to qualifying seniors age 65 and older through its corps of nearly 7,000 volunteer ophthalmologists across the U.S. To learn more about EyeCare America or to find out if you or a loved one qualifies for the program, visit www.eyecareamerica.org. EyeCare America is co-sponsored by the Knights Templar Eye Foundation, Inc., with additional support from Alcon and Genentech.

Article provided by eyecareamerica.com

Resistance to Changing Clothes in Folks with Dementia

A common challenge for Alzheimer's and dementia caregivers is figuring out how to get someone with dementia to change clothes regularly. The damage that dementia does to the brain can cause behavior like this that doesn't make sense to us.

Your older adult might refuse to change even if their clothes have been worn nonstop for a week and are obviously soiled and smelly. Or, they might insist on wearing the same outfit day or night. And sometimes they might choose clothing that completely clashes and looks strange.

We explain 6 possible reasons for their refusal to change and share 4 ways to get someone with dementia to change clothes more often.

6 possible causes for refusing to change clothes

Understanding what could be causing someone's refusal to change clothes can help you find an approach that works. It also gives