










EFFECTS OF AGE-RELATED HEALTH ISSUES

ISSUES: FALLING AND SLIPPING / ANXIETIES

Falls, feelings of insecurity and anxiety can be significantly decreased by providing adequate lighting. This in turn results in a higher degree of independence, safety, comfort and contentment.

<p>1a) Poor lighting</p> 	<p>1b) Good lighting</p> 	<p>Falls</p> <p>Falls and possible fractures like femoral neck fractures, may involve major surgery and an extensive recovery period. Complications during treatment may even mean immobility and no longer being able to carry out daily activities.</p>	<p>Common causes of falling due to poor lighting:</p> <ul style="list-style-type: none"> • Obstacles are not recognized in time due to glare • Bright/dark transitions cause eye strain in older people • Hard shadows / Shiny spots are interpreted as obstacles and lead to false steps • Shadow of door handle is thought to be the door handle itself
<p>2a) Poor lighting</p> 	<p>2b) Good lighting</p> 	<p>1a) Unfavorable illumination levels and light conditions 2a) Reflections on floor caused by one direct light</p>	

<p>1a) Poor lighting</p> 	<p>1b) Good lighting</p> 	<p>Anxieties</p> <p>Residents often interpret passing shadows or other optical illusions as a threat. This in turn causes anxiety and fear which may lead to aggression. Shadows on peoples' faces may cause angst, especially if vision is impaired.</p>	<p>Dark ceilings without indirect lighting feel restrictive and unsafe.</p>
<p>2a) Poor lighting</p> 	<p>2b) Poor lighting</p> 	<p>Reflections are often the cause of irritability and insecurity. Patients with dementia often interpret these as obstacles or as optical illusions. Floor reflections are often thought to be water.</p>	<p>1a) Dark shadows on various facial features (images: reproduction and/or publication with permission from Verwaltungs-Berufsgenossenschaft, Deelbögenkamp 4, 22297 Hamburg)</p> <p>2a,b) Passing shadows, door handle with shadow</p>