

SAFE DRIVE WITH **apollo**

Vision ages with age



Make sure you have a clear view of the road ahead. Don't even try to drive if anything seems hazy

Old age results in a variety of impairments which can severely hamper one's driving abilities. In this edition we check out how to deal with visual impairment and disorders

One of the primary ailments associated with age is loss of sight or reduction of vision. This can cause havoc as it is a primary requirement of driving. The majority of visual impairment and blindness in older people is caused by age-related macular degeneration, glaucoma, cataracts, and diabetic retinopathy. Age-related changes in vision that can affect driving include decreases in central visual acuity and peripheral vision, diminished ability to accommodate, and

heightened sensitivity to glare. Over age 50, the total horizontal peripheral visual field declines from 170 degrees to 140 degrees. Drivers with deficits in peripheral vision have twice as many collisions as those with normal vision. Many older adults avoid driving at dusk and twilight because of these changes.

Visual acuity and peripheral vision are evaluated in most states as part of the driver's license renewal process. Retesting visual acuity between the renewal periods is required only if there

Requirements

The standard required for driving is the ability to read a car number plate at 20 metres. Any change in vision may mean driving should be stopped until an optician has been consulted.

Loss of vision in one eye does not prevent driving, provided that the person has adjusted to it.

Glaucoma, colour blindness and cataracts do not mean you cannot drive, provided you meet the standards required.

has been a driving incident. The most common acceptable requirements are a visual acuity of 20/40 in the better eye and 120 degrees of horizontal peripheral vision. Near visual acuity is measured by having the patient read a newspaper held 14 inches from the eyes as it's equivalent to 20/40 on the Snellen near visual acuity chart. Fundoscopic evaluation of the optic disc, macula, and red reflex reveal, diabetic changes, glaucoma and cataracts.

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When you want control at the wheel, you need to keep your wheels in control.

