



Cognition

[Is it Alzheimer's or just signs of aging?](#) Information about the ten warning signs of dementia

University of Arizona: [What is Dementia?](#)

Hearing

[Health in Aging on Hearing Loss](#)

Sleep

NIH Senior Health: [Sleep and Aging](#)

University of Arizona: [Sleep in Older Adults](#)

Taste and Smell

[NIH Senior Health on Smell](#)

Vision

[CDC on Vision Health](#)

[NIH Senior Health on Vision Maintenance](#)

[Special Report on Aging and Vision Loss](#), American Foundation for the Blind, 2013

A rapidly increasing proportion of the aging population experiences eye problems that make simple daily tasks difficult or impossible, even when wearing glasses or contact lenses. Severe eye problems are not just a matter of "getting older." The risk of severe eye problems has been found to increase significantly with age, particularly in those over age 65.

The Special Report on Aging is intended to draw attention to the disproportionate number of elderly individuals who have vision loss. Perhaps even more alarmingly, the trend is expected to continue to grow significantly as the baby boom generation continues to age. Experts predict that by 2030, rates of vision loss will double along with the country's aging population.

If you have difficulty accessing any of these resources, please email catch-on@rush.edu.





According to Prevent Blindness America (2008)¹, the four leading eye diseases affecting older Americans are age-related macular degeneration, cataracts, diabetic retinopathy, and glaucoma. As people age, they are far more likely to have serious age-related eye conditions. Younger people are less inclined to experience the full extent of the severity of age-related eye conditions until later in life. Thus, a well documented trend indicates that there is a continuously growing disproportionate number of seniors with severe age-related eye conditions.

[The State of Vision, Aging, and Public Health in America](#), National Center for Chronic Disease Prevention and Health Promotion

Vision impairment is a serious public health concern among older adults, affecting more than 2.9 million people in the United States. This issue brief summarizes the prevalence of vision loss and eye diseases reported by people aged 65 or older, and it provides information about access to eye care, health status, and comorbid conditions among older adults. Data were collected from 19 states that used the Vision Impairment and Access to Eye Care Module (Vision Module) of CDC's Behavioral Risk Factor Surveillance System (BRFSS) during 2006–2008.

Additional Resources

Centers for Disease Control and Prevention. [The State of Aging and Health in America 2013](#). Atlanta,GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2013

Twentieth-century advances in protecting and promoting health among older adults have provided many opportunities for overcoming the challenges of an aging society. The health indicators presented in The State of Aging and Health in America 2013 highlight these opportunities. By working to meet the goals for each of these key indicators, our nation can help to ensure that all of its citizens can look forward to living longer and living well. The State of Aging and Health in America 2013 provides a snapshot of our nation's progress in promoting prevention, improving the health and well-being of older adults, and reducing behaviors that contribute to premature death and disability. In addition, the report highlights mobility (referring to movement in all of its forms) and how optimal mobility is fundamental to healthy aging.

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