22. Visual acuity (ability to resolve detail) declines modestly beyond age 60 when measured with standard high contrast charts. Larger losses are seen for low contrast charts and when testing under conditions of reduced illumination (pupil size, lens changes, retinal changes are causes).

23. The retinal illuminance (the amount of light reaching the back of the eye) for an 80 year old is at least 10 times lower than that of a 25 year old (wearing extra-dark glasses analogy).

24. Visual field size decreases with age (divided attention issue)-neural vs optical cause-recent evidence

25. Color vision changes with age are most commonly of the blue-yellow variety (lens/retina are causes).

26. The ability to adapt to darkness is significantly slowed with age (pupil size/lens/retina are causes).

27. The ability to recover visual sensitivity from bright lights worsens after age 40 (lens/retina are causes).

28. Scatter by the lens causes more glare problems with increasing age.

29. The ability to see rapid flicker worsens with age (note effects of pupil size).

30. Many of the changes in vision function are caused by reduced amount of light reaching the retina.

31. Recommendations:
   - Wear appropriate optical correction
   - Increase ambient light level (tungsten light)
   - Make lighting as even and without glare as possible
   - Improve contrast in critical areas (ex. tape on stairs)
   - Avoid large/rapid changes in light level (wear sunglasses outside)
   - Minimize clutter
   - Avoid pastel or muddy colors
   - Allow more time
   - Be aware of your own limitations