



8TH INTERNATIONAL CONGRESS OF BEHAVIOURAL OPTOMETRY

Speaker: Yves Bastien
Credentials: OEP, NORA
Time/Date Scheduled: 1100 – 1230 on Saturday, 28 April
Location: Plenary

Presentation Title: **The Diagnosis and Treatment of Spatial Abilities in the Elderly**

Abstract: In the Western World, longevity is increasing; with this phenomenon comes a score of visual problems that affect not only the quality of life, but the safety of our elderly patients.

One of the worse health problems encountered in the aging population is fractures caused by falls due to progressive loss of balance and progressive loss of spatial navigational skills. With the fear of falls comes a gradual self limitation of movement leading to reduced autonomy.

Many factors other than normal aging contribute to this, but even in a normal, otherwise healthy population, autonomy is a growing issue.

A coming challenge to our profession is the diagnosis and treatment of spatial and balance skills in our older patients, regardless of other health issues.

This oral presentation will discuss 2 cases of healthy older patients (over 80 years of age) with no other health issue than poor navigational skills that impacted negatively on their autonomy.

Tests used and therapy techniques will be discussed in depth, as well as results assessed and outcomes in quality of life.