

## 'Hearing and vision impairment and mental well-being in older age'

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Age-related hearing loss is a marker of risk of cognitive decline and dementia. I will outline possible links between hearing/vision impairment and cognition, including hearing/vision loss as a biomarker for cognitive well-being, the impact of cognitive declines on function and sensory impairment as a causal contributor to cognitive decline and poor quality of life in older age.

I will share recent research including our own work modelling i) relationships between age-related impairment of sensory function and cognition and ii) modelling the impact of sensory interventions (i.e. hearing aid use and cataract surgery) on cognitive outcomes between intervention and control groups.

I will argue that effective prevention, identification and management of hearing and vision problems represents an important opportunity to optimise mental well-being and quality of life in older age.