

# **The Partially Sighted Society**



## **LIVING WITH LOW VISION**

**The following hints and tips may just make living with low vision a little bit easier.**

### **Lighting**

- **Extra light is very important. As well as overhead lights, use a goose neck reading lamp which can be angled onto whatever you are trying to see or read. When you are reading leave the main lights on in the room.**
- **Head torches can be an extremely useful and portable hands-free light source you can angle onto your task.**
- **A pen-light pocket torch is another useful tool for portable extra light.**
- **Make sure your windows are kept clean and clear of curtains. If you have net curtains make sure they are washed regularly.**
- **Make sure you have good lighting in danger areas, such as stairways.**
- **Use large lamp shades which allow light out at both top and bottom. This allows more light to be reflected around the room.**

### **Contrast**

- **Create contrast. Place objects you are wanting to see on a contrasting colour surface. For example a white plate on a black place mat. Dark coloured food on light coloured plates and vice-versa.**

- **Talking of food –if you are served food by a family member, ask them to relate the position of the food to a clock face so you don't get a surprise when you take a mouthful of cauliflower when you expected potato.**
- **As nice as your lovingly collected Royal Doulton dinner service is – the patterns will play havoc with trying to see the food on the plate. Invest in some plain dark and plain light coloured crockery.**
- **When chopping vegetables in the kitchen use a contrasting coloured chopping board and don't forget the extra light. A desk lamp on the kitchen counter can make all the difference.**
- **Mix and pour light coloured ingredients into dark coloured containers, and dark ingredients into light containers.**
- **When pouring boiling liquids place the cup into which you are pouring into the sink and bring the kettle to the cup and then pour.**
- **Mark the most commonly used settings on your stove, washing machine etc, with a tactile material such as hi-mark 2000. Choose a contrasting colour and you will never burn the food again.**
- **Place paper with thick ruled lines next to the phone or wherever you may need to take a message or write a note. Use a dense black pen.**
- **Mark the edges of steps with a contrasting colour paint or tape.**
- **A typoscope is a simple tool used to create contrast when reading. It is usually made of stiff black card or plastic with a window cut out of the centre roughly 2 lines wide. Typoscopes can be made to suit the width of the material you wish to read.**
- **When reading, use a typoscope and place floppy reading material onto a clipboard.**
- **Keep a small version of a typoscope in your wallet or purse to use as a signature guide.**

- **Decorate your room in light colours; it reflects more light into the room. Use matt paint finishes and contrasting colours around windows, door frames, skirtings etc.**
- **Use contrasting non-slip mats in bathrooms and on shiny floors.**
- **Struggling to get your toothpaste on your toothbrush? Put the toothpaste onto your finger and then into your mouth or teeth and then brush.**
- **If you drop an object onto the ground, use your head torch and search the area using a systematic grid pattern. This can be done visually or with your hands.**

## **Mobility**

- **If you feel you need assistance when walking with another person take their arm above the elbow. This gives them enough time to anticipate stairs, kerbs, or obstacles.**
- **A small folding symbol cane can be a useful tool in alerting others to the fact that you have a visual problem.**
- **Wear a symbol of partial sight badge (available from the Partially Sighted Society.)**

# **The Symbol of**



# **Visual Disability**

**©The Partially Sighted Society  
1 Bennetthorpe  
Doncaster  
DN2 6AA  
Tel: 0844 477 4966  
Website: [www.partsight.org.uk](http://www.partsight.org.uk)**