

Daily Living with Low Vision

**SPOKES
Unlimited**



**A Resource Center for
People with Disabilities**

Telling Time

Watches

- Choose a watch with large hands and numbers
- A dark face or a light face might make telling time easier
- Talking watches

Alarm clocks

- Large number digitals
- Large faced clocks with high contrast face/arms/numbers

Wall Clocks

- Large clocks with large numbers
- Dark clock on light wall, or light clock on dark wall for visibility



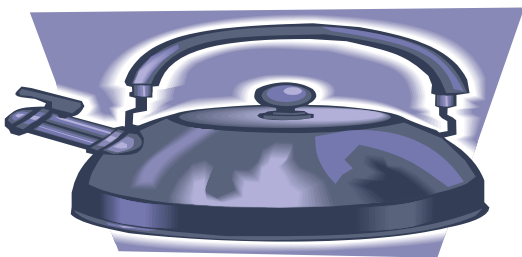
In The Kitchen

Cabinets and Counters

- Always close doors, or remove them
- Avoid patterned countertops and floors
- Install florescent lighting under top cabinets
- Keep items organized in a consistent manner so they're easier to find (canned fruit on one shelf and canned vegetables on another)

Utensils

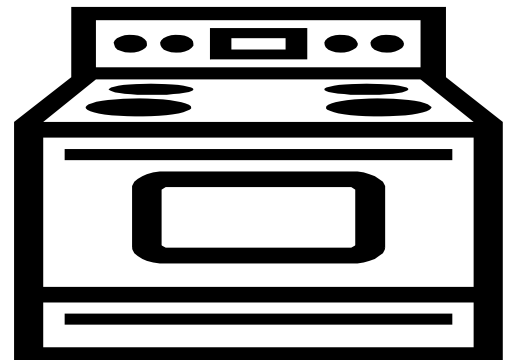
- Double spatulas or tongs make flipping foods or removing foods from pans easier
 - Use a food slicing guide
 - Use large font timers



Kitchen Appliances

Stove and Oven

- Mark common temperatures on dials with dots of glue, pieces of tape, or “hi-marks”.
- Ideally, stoves should have dials at the front so you do not have to lean over the burners to see or to reach dials.
- Use a fire retardant oven mitt (up to the elbows) when using the oven
- Wrap a piece of contrasting tape around pot/pan handles
- Use lighting over stove and in ovens



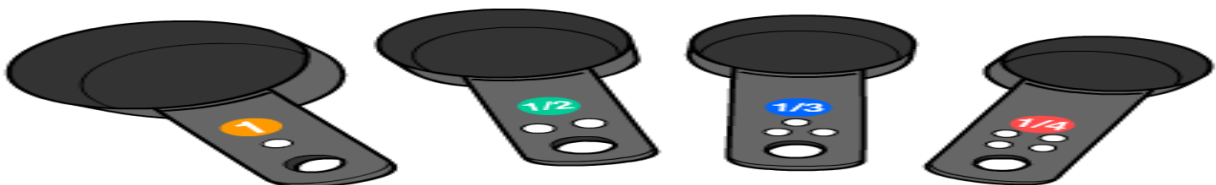
Kitchen Appliances

Small Appliances

- Use electric skillets with temperature controls for frying
- Crockpots cook at lower temperatures, and are safer
- Small counter or toaster ovens for baking, broiling and toasting

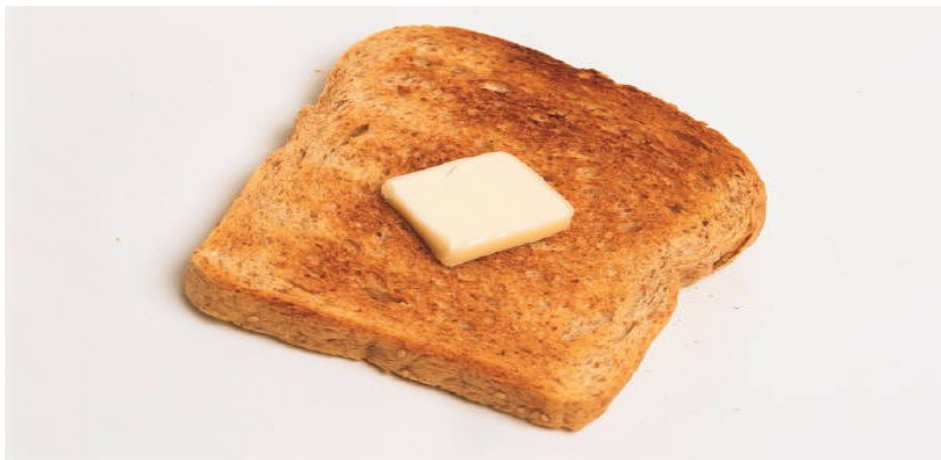
Kitchen Utensils

- Use a cutting board with a light side to cut dark food, and the dark side to cut light food
- Measuring cups with large numbers will be helpful
- Get two sets of measuring cups, one dark set and one light set. The contrast will be helpful when measuring light or dark foods



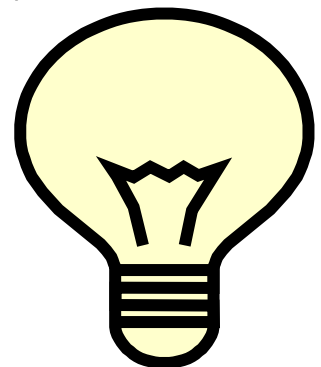
Kitchen Tips

- Set aside an area of counter space to put up dark and light contact paper directly next to each other on countertop and backsplash
- Pour light liquids into clear glasses in front of dark color
- Pour dark liquids into clear containers in front of the light one
- To avoid spills, touch pouring container to lip of cup or bowl, then pour
- Use your fingers to feel liquid level
- Utilize contrast in foods, dinnerware, tablecloths or place mats



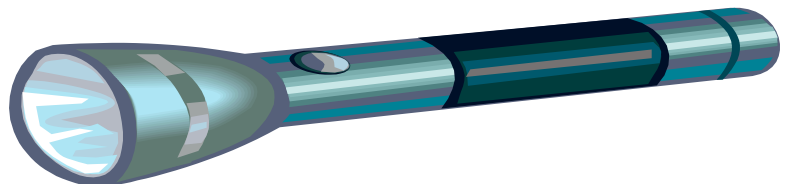
Lighting

- Put a night light in the bathroom and hallway
- Use high watt bulbs for more lighting: soft white 75, 100, 150 or GE Miser floodlight
- Gooseneck lamps which can be directed onto your reading material or tasks are highly recommended. Light coming from over shoulder causes less glare and is more effective
- A light switch dimmer will allow adjustment of room lighting to a level that is compatible with vision and time of day



More tips for lighting

- A small flashlight carried in your pocket or purse can be helpful in restaurants and other places with poor lighting
- Establish your own reading/work area in your home with proper lighting, comfortable furniture and low vision equipment readily available
- Try opening and closing drapes to control light
- If your eyes are slow to adjust to light changes, use a good pair of sunglasses when outdoors
- Try all kinds of lighting: incandescent, florescent, halogen, full-spectrum, etc.



Living Area Changes

- Use contrasting colors as much as possible
- Remove rugs and tripping hazards
- Avoid using low tables or sharp-edged furniture
- Paint or highlight steps by painting top and lip of steps in white or yellow for added visibility and depth perception. Brightly colored tape will also work
- Large dials/numbers for thermostat
- **SIMPLIFY!** Remove unnecessary items from any work or living area. De-cluttering will make the home safer, and it will be easier to find things

