

## General lighting

**Everyone needs a good level of light. At the age of 60, most people need three times as much light than they did when they were 20.**

- > Having good lighting and making simple changes can improve your ability to manage daily tasks in your home.
- > Good distribution of light throughout the home is essential.

### Natural light

- > It can help to sit with your back to the window during daylight hours as natural light will shine over your shoulder onto what you are doing.
- > Keep windows and net curtains clean; keep curtains back from windows to let the light in. Blinds can control the amount and direction of daylight coming into the room.

### Lights and lamps

- > The shape and the colour of lamp shades affect the amount of light you will get.
- > Installing under-unit lighting or a task light can help people with sight difficulties.
- > One of the most important areas in your home for safety is the hall, and at the top and bottom of the stairs.

- > Low-level night lights keep you safe if you get up in the night.

## **Environment**

- > Decorate walls and ceilings in light colours.
- > Consider having an outside light fitted or take a torch.

For further information relating to improving the lighting within your home log on to [www.pocklington-trust.org.uk](http://www.pocklington-trust.org.uk)