

Hints and tips to help with sight difficulties

Be organised and plan ahead

It is smart to be organised and make plans so that you are prepared for the problems caused by vision impairment, both at home and outside the house.

Shopping

- > If you are disabled then call customer services to check if they have wheelchair access. Take a magnifier or your glasses so you can read labels more clearly. You can shop online now at many supermarkets which may be easier, as your goods will be delivered to you.

Moving around

- > Keep paths, walkways and stairs clear of any clutter and mess. This will decrease the chance of tripping or falling on any objects you haven't noticed.

Bathroom

- > Keep your cleaning products in the same place to make them easier to find.

Use equipment to support you

Steps and stairs

- > Have handrails fitted in the home where required, and use any supports or rails when out in public on ramps and stairways.

Good lighting

- > Good lighting is very important to help you see better when moving around the house and will help you to see things that may be in your way so you do not trip or fall.
- > Cutting your toenails is easier in a well-lit room so you can see what you are doing.
- > Keeping the house well-lit will also help you with getting in and out of chairs and bed, as well as sitting and standing up from the toilet.

Different colours and contrasts will help you

- > Having different colours and contrasts in the items in your house will help you to see them better.
- > Brightly coloured thresholds between doorways are easier to see if the colour is different to the colour of the carpet

around them. Chairs that are a different colour to the floor or carpet will stand out and help you to get in and out of them more easily. This can also be used in the bedroom with brightly coloured sheets so you can see where you are getting in and out of the bed.

- > You could paint your main door lintel in a bright colour such as yellow, or cover it in hazard tape so it can easily be seen when you are stepping over the threshold.

Care and Benefits

If you are struggling to complete certain tasks such as heavy housework, you could apply for benefits such as disability living allowance, personal independence payment, and attendance allowance. If you are able to receive further benefits you could use this money to pay for support with the more difficult or physically demanding jobs around your house.