



Make the most of your vision

1. Make things bigger.

| <u>Tips</u> | <u>Examples</u> |
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| Move closer. | <ul style="list-style-type: none">● Stand closer to the calendar hanging on the wall.● Sit closer to the television. |
| Bring things closer. | <ul style="list-style-type: none">● Hold what you're reading at chest height.● Pull the computer monitor closer to you. |
| Use a magnifier. | <ul style="list-style-type: none">● Hold a handheld magnifier to your eye like Sherlock Holmes.● Hold what you're examining at chest level. |
| Enlarge it. | <ul style="list-style-type: none">● Type favorite recipes in a larger font.● Use a copier to enlarge your contact list. |

2. Make things bolder

| <u>Tips</u> | <u>Examples</u> |
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| <p>Increase color contrast.</p> <ul style="list-style-type: none">● Place dark things on a light background.● Place light things on a dark background.● Choose bright, solid colors. | <ul style="list-style-type: none">● Use a dark pen on white paper.● Use black shelf liner as a mat when working with paper or light-colored objects.● Serve chicken and mashed potatoes on a solid dark plate. |
| <p>Decrease glare.</p> <ul style="list-style-type: none">● Avoid shiny, reflective surfaces.● Aim light over your shoulder or off to the side.● Wear sunglasses or a visor. | <ul style="list-style-type: none">● Use a gooseneck lamp to put light directly on what you're looking at.● Work on a solid, dark background.● Use a typoscope when reading.● Close the blinds when watching television. |

3. Make things brighter.

| <u>Tips</u> | <u>Examples</u> |
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| Bring the light closer. | <ul style="list-style-type: none">● Use a gooseneck lamp to shine light on your task area.● Position the lamp so that the light comes over your shoulder or from the side.● Put the lamp on the side of your better eye. |
| Choose a different light bulb. <ul style="list-style-type: none">● Look for Correlated color temperature (CCT) between 3500K-4200K but below 5000K. (K = Kelvin) | <ul style="list-style-type: none">● Fluorescent bulb to light a room.● LED bulb for goose-neck lamp. |

Sources:

- VisionAware.org video series on lighting: <https://bit.ly/2kw8aEK> and article on light bulbs: <https://bit.ly/2mkcask>.
- For more details and sources: <https://eatspeakthink.com/low-vision-bigger-bolder-brighter/>.