



Household Tips for Patients with Low Vision

The Kitchen

1. When pouring dark liquids (such as coffee) from a container into a cup, pour the dark liquid into a light-colored cup. Light-colored cups should be placed on a dark-colored placement or tray.
2. When pouring light-colored liquids (such as milk) from a container into a cup, pour the light-colored liquid into a dark-colored cup. Dark-colored cups should be placed on a light-colored placement or tray.
3. Use a dark cutting board for light-colored foods, and a light-colored cutting board for dark food.
4. Use brightly contrasting colored paint or tape on the handles of kitchen equipment and utensils.
5. Stove and oven dials should be marked with bright, contrasting tape. Mark the oven dial at the temperature most frequently used, or use several contrasting colors for different temperatures.
6. Tape over the knobs for the back burners of your stove so that they cannot be turned on. This will prevent accidents from occurring due to reaching over a flame or touching a heated burner in front.
7. It can be easier to learn to cook by time, rather than visually checking the state of the items being cooked.
8. Write recipes on 5" x 8" index cards in large print with a black felt tip pen and color-code the cards. For example, have one color for meat dishes, another for poultry, and a third for desserts.



Tips for Eating

1. If using light dishes, place them on a dark tablecloth or placemat. Likewise, dark dishes need a light contrasting tablecloth or placemat. To reduce visual confusion, avoid tablecloths or placemats with a pattern.
2. Proper lighting will make it easier for you to see the food on your plate. Place a table lamp with a bright light bulb in a position to illuminate your plate.

Recreational Activities

1. When doing needlepoint or hook rugs, place a dark cloth below the canvas.
2. When sorting two yarns or threads with slight color differences, compare each strand to a “bunch” of that color.
3. Use bright light, shining directly on your work when reading or sewing, and use a desk lamp, not a floor lamp.

Additional Advice

1. In the bathroom, use magnifying mirrors to help with shaving and makeup. A towel on the wall opposite the bathroom mirror hung at the appropriate height, can be used to provide a contrasting background for your head and hair. If you have light hair, use a dark towel. For dark hair, use a light towel.
2. Choose clear plastic shower curtains, as they allow more light to be transmitted into the shower than solid colors.
3. Use brightly colored vinyl or cloth tape to provide color contrast when locating household items such as the thermostat, electrical outlets, light switches, or drawstrings on draperies.
4. For stairs inside and outside of your home, mark the edges of the steps with contrasting colors.
5. When watching television, sit as close to the screen as needed for you to see the images. Note that visually impaired patients will not hurt their eyes by sitting close to the screen.
6. Use remotes, phones, and small devices that have large displays.
7. Have magnifying glasses around the house for seeing smaller objects.



8. Ask your pharmacist about using large print for prescription bottles and medication information.
9. remove area rugs
10. use zip ties or other devices to keep cords out of the way
11. clean up spills immediately
12. keep smaller furniture items and fixtures, such as end tables, stools, and other objects out of walking paths
13. Use covers for outlets and switches that contrast with the color of the walls.
14. Mark steps with brightly colored tape.
15. Use a large, high-definition TV that offers good contrast.
16. Utilize talking devices may allow you to:
 - a. turn off and on lights or electronic devices
 - b. lock and unlock doors
 - c. create shopping lists or reminders
 - d. read audiobooks or articles
 - e. contact loved ones or emergency services

References:

1. Dr. Shuldiner, OD: <https://www.lowvisioncare.com/low-vision-optometrist-2/low-vision-rehabilitation/household-tips-for-low-vision-patients/>

2. Healthline:

https://www.healthline.com/health/eye-health/simple-changes-make-home-safer-low-vision?utm_source=google&utm_medium=cpc&utm_campaign=16271595278&utm_adid=134071429632&utm_adid=582957672635&utm_network=g&utm_device=c&utm_keyword=&utm_adpos=&utm_gclid=Cj0KCQjw-r-vBhC-ARIsAGgUO2A-s7IFHC4v5BdGg7KTWxkD0Je-KFQ48TeoWXkCNFKthNgVP5OeYokaAqRPEALw_wcB&gad_source=1&gclid=Cj0KCQjw-r-vBhC-ARIsAGgUO2A-s7IFHC4v5BdGg7KTWxkD0Je-KFQ48TeoWXkCNFKthNgVP5OeYokaAqRPEALw_wcB#takeaway