



HOME SAFETY AND MOBILITY TIPS FOR PEOPLE WITH LOW VISION OR PARTIAL VISION

General Safety Tips

- **Remind your family to keep furniture in the same place and to put kitchen and other items back in their places.**
- **Keep cabinets and closet doors either fully closed or fully open. Doors left partially open are unsafe. Place contrasting tape on the insides or backs of cabinet doors to help identify one that is open.**
- **Thresholds and edges of steps can be difficult to see. Use contrasting paint, safety tape or tread strips to highlight these areas. Install a railing for safety.**
- **Door knobs can be marked with a piece of yarn, tape or a rubber band to help identify a particular room or apartment door.**
- **Consider using a walker should you require stability during walking. White mobility canes can be attached to the walker, so both mobility aids can be with you.**

Lighting

- **Rooms should be well lit with additional task lighting near the activity being completed.**
- **A well illuminated room should eliminate shadows.**
- **When writing place a lamp on the opposite side of the hand being used to prevent shadows.**



- **To reduce glare ensure that floors and tabletops are not shiny.**
- **Position lighting so it shines on the floors, steps, and railings.**

Kitchen Area

- **Push chairs under the kitchen table when not sitting on them.**
- **Paint cabinet doors to contrast with the countertop. Install contrasting coloured knobs or handles.**
- **Use contrasting plates, tablecloths, placemats, and napkins. Use a cutting board that contrasts with the colour of the food item on it.**
- **When purchasing appliances and devices look for those with control buttons or dials. They can be marked or labeled and may make them easier to use than digital displays.**
- **Install counter-level outlets for better access.**
- **Place tall milk and juice containers in the back of the refrigerator to reduce the risk of knocking them over when reaching inside.**
- **Think Sense-ibly. Tactile exploration can greatly help with determining the contents of a container, or when using an appliance or other piece of equipment. For example, cream soups sound and feel different than noodle soups. When you shake the can, the noodle soup will splash and feel looser inside the can.**



Living room

- **Arrange furniture to accommodate your normal route.**
- **Place white dollies on the arms and backs of chairs.**
- **Place a design on your footstool so it contrasts with the carpet.**
- **Remove rugs or use non-skid rubber backing or double-sided tape.**
- **Put white tape around the TV remote control.**
- **Use a dial or digital thermostat with large display.**

Bedroom

- **Organize clothes by colour or by matching outfits. Use a safety pin to distinguish black from navy. Identify garments by feeling details such as textures and style.**
- **Use a talking alarm clock.**

Bathroom

- **Select brightly coloured towels to contrast with your walls. Use contrasting colours for accessories like toilet seat covers.**
- **Install grab bars in the bathtub for safety. Use a non-skid rubber mat in the tub or shower.**
- **Use a bath chair and hand-held showerhead should you have difficulties getting up from the bottom of the tub for bathing.**



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- **Use a raised toilet seat to increase your ease and safety getting off the toilet.**
- **Consider purchasing a talking weight scale or one with a waist-high dial.**
- **Use coloured soap that contrasts with your tub or liquid soap.**

Quick Computer Tips

- **Most computer operating systems and internet browsers allow you to increase the size of web pages and text on your computer screen to make them more visible.**
- **Third-party screen magnification software displays not just larger text on your screen but also larger icons, mouse pointers and other navigation items.**
- **Some people with low vision prefer using keyboard commands instead of a mouse. Impaired vision can make it more difficult to precisely position the cursor on the screen with a mouse.**
- **Screen reader programs convert both text and icons to speech.**

Quick Television Tips

- **Avoid glare shining on the TV from a window or light.**
- **Consider using closed captions.**
- **Consider purchasing a high-definition (HD) TV and other digital viewing enhancement options.**



- **Move closer to a smaller TV rather than closer to a larger TV to see a whole object like a person's face, not just their nose.**
- **Adjust the contrast on the TV so that colours are either very bright or only black and white.**

Tips For Managing Medication

- **Use colour-coding, raised dots, or large print to mark medication containers.**
- **Wrap rubber bands around the bottle. Remove one rubber band each time you take your medicine and start again the next day.**
- **Consider a pill organizer with an auditory alarm to alert when the next dose is required.**
- **Write in large print or record on cassette important information about each drug, including the dosage, time to take it, side effects, etc.**
- **Ask your pharmacist for large print labels or printed material with large font.**

Hobbies

- **Playing cards, crossword puzzles, and some board games come in low vision versions.**



Telephones

- **Big-button phones make it easier to dial and large-print address books make it easier to read addresses and telephone numbers.**

More General Tips

- **Keep your eyeglasses in a bright or light-coloured case so you can locate them more easily in a bag or briefcase.**
- **Use contrast on your keys to differentiate them from one another; adhere a bright piece of tape on your main house key for easier location.**
- **When traveling, most people use black, dark brown or grey luggage. Consider using brightly coloured luggage (e.g., red, yellow). It will stand out from the others on the carousel.**

Summary of Tips

- **Use your imagination when marking, labeling and contrasting items in your home. Make sure you participate in making changes so that you are comfortable with the new accommodation.**
- **Understand that often there are psychological implications to vision loss. Validate your need to come to terms with what your vision loss means to you. Do not hide your feelings about your vision loss.**



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Identify them and seek help from your health care professionals and Canadian National Institute for the Blind (CNIB).

- **The local CNIB Office:**
Bayview Mall 470 Dundas St E, Unit 8 Belleville, ON K8N 1G1
Phone: 1-800-563-2642
Website: www.cnib.ca
- **Vision Loss Rehabilitation Ontario (VLRO) is a provincially funded CNIB health care organization that provides personalized vision rehab. For referral information, please contact VLRO:**
Phone: 1-844-887-8572
Website: <https://on.visionlossrehab.ca>