

TIP SHEET #1

Tips for Those with Low Vision

1. **Slow down.** Take a few extra minutes to assess your surroundings to **cut down on** potential accidents.
2. Use **consistent, strong (natural-type)** lighting throughout your house. Use floor or table lamps with bendable fixtures to minimize glare. **Otto-lite is a good brand.**
3. Get **honest.** Tell others how they can help you.
4. Carry a **small, rechargeable flashlight** for dark areas and at night.
5. Have **specific areas** for frequently-used items, such as your keys, wallet, checkbook, and purse.

6. Be **pro-active** with doctors, reporting any changes in your vision and remain **up-to-date** on strides in medical advances.
7. Work with a **retinal specialist** that you feel comfortable with and who answers your questions. Don't be timid about **changing your eye care specialist** if that level of communication isn't there.
8. Find **a support group** or someone who can understand your frustrations.
9. Exercise, stay fit, find a hobby, try a new sport, even if you have to adapt it to your abilities. **Stay challenged** and **connected** with others.
10. Keep a **positive** outlook and a **sense of humor** about your day-to-day activities.
11. Be **flexible**. Learn to **accept** and **adapt**. When things don't go according to plan, find other ways to accomplish it the next time.
12. Put **others** at ease and you put **yourself** at ease.