

TIP SHEET #2

Tips for **LOVED ONES** of those with Low Vision

1. Encourage **independence** and **self-confidence**, especially in completing daily tasks.
2. Advise your loved one to **ask for help** when necessary.
3. Keep your homes **organized** so things can be found easily. **Don't move things around** without informing your loved one.
4. Speak in a **normal tone of voice** unless your loved one also has a hearing problem.
5. **Talk openly** about difficulties and **work through** them **together**.
6. **Do not gossip** on the phone or in person with friends about something that happened to your vision-impaired spouse or child. **It's belittling**.

7. Make **adjustments** in your home so that it's safe. **Remove any obstructions** and throw rugs as well as unnecessary doors. Increase lighting.
8. **Advocate exercise**, a healthy lifestyle and a good diet. Foods rich in eye nutrition are sweet potatoes, cantaloupe, spinach, corn.
9. **Show support** to your loved one, who is going through changes with his or her vision. Be **patient** and **positive**.
10. If your loved one **enjoys reading**, there are several ways to continue that interest. Consider using a special stand to prop the book up to eye level, magnifiers a closed circuit television (CCTV). Enroll in the Carnegie Library for the Blind, which special digital players and audio.

Additional resource: Wolfe, Peggy R. *Macular Disease: Practical Strategies for Living with Low Vision 2nd Ed.* (Minneapolis, Park Publishing, 2011).