



TIP SHEET #1

TIPS FOR THOSE WITH LOW VISION

- **Slow down.** Take a few extra minutes to assess your surroundings to **cut down** on potential accidents.
- 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.**
- Get **honest.** Tell others how they can help you.
- Carry a **small, rechargeable flashlight** for dark areas and at night.
- Have **specific areas** for frequently-used items, such as your keys, wallet, checkbook, and purse.
- Be **pro-active** with doctors, reporting any changes in your vision and remain **up-to-date** on strides in medical advances.
- 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.



- Find **a support group** or someone who can understand your frustrations.
- 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.
- Keep a **positive** outlook and a **sense of humor** about your day-to-day activities.
- Be **flexible**. Learn to **accept** and **adapt**. When things don't go according to plan, find other ways to accomplish it the next time.
- Put **others** at ease and you put **yourself** at **ease**.

Resource: Personal Experience. <http://www.visionaustralia.org/living-with-low-vision/family-friends-andcarers/communicating-effectively-with-people-who-are-blind-or-vision-impaired>