



TIP SHEET #2

TIPS FOR LOVED ONES OF THOSE WITH VISION LOSS

- Encourage **independence** and **self-confidence**, especially in completing daily tasks.
- Advise your loved one to **ask for help** when necessary.
- Keep your homes **organized** so things can be found easily. **Don't move things around** without informing your loved one.
- Speak in a **normal tone of voice** unless your loved one also has a hearing problem.
- **Talk openly** about difficulties and **work through** them **together**.
- **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**.
- Make **adjustments** in your home so that it's safe. **Remove any obstructions** and throw rugs as well as unnecessary doors. Increase lighting.



- **Advocate exercise**, a healthy lifestyle and a good diet. Foods rich in eye nutrition are sweet potatoes, cantaloupe, spinach, corn.
- **Show support** to your loved one, who is going through changes with his or her vision. Be **patient** and **positive**.
- 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 offers 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).