

# THE MOBILITY SERIES

## TIPS FOR VISUALLY IMPAIRED INDIVIDUALS



1. **Slow Down.** Take a few extra minutes to assess your surroundings and avoid potential accidents.
2. **Use consistent, strong (natural-type) lighting** throughout your house. Use floor or table lamps with bendable fixtures to minimize glare.
3. **Get honest.** Tell others how they can best 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, any changes in your vision and remain up-to-date on strides in medical advances.**
7. **Keep a positive outlook and a sense of humor about your life!**