

Low Vision Insights

Simple Things You Can Do
to Face Low Vision Challenges
Hints for Health from Elara Caring



Low Vision is a visual impairment that cannot be corrected with glasses, contacts, medication or surgery and interferes with everyday activities.



Shed Some Light On It

- ✓ Add lamps or nightlights to areas in your home that have low light, especially spots where you need to see details (like in the kitchen for meal prep, or at the kitchen table for reading medication labels and sorting meds.)
- ✓ Carry a small flashlight and magnifying glass in your pocket.
- ✓ Think about adding a few lights which automatically turn on when the room darkens.
- ✓ There are many advantages to working online to pay bills, read or research. You can zoom in and enlarge text or even enable read-aloud functionality available on many sites.



Color Your World

It is easier to see light objects on a dark surface, or dark objects on a light surface

- ✓ Use solid colored fabric squares (black or white) when sorting small items like pills.
- ✓ Purchase solid color cutting or eating surfaces so you can choose a color that doesn't blend with the food you are eating or prepping.

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Clutter Control

- ✓ Always put things back where they belong. This way you won't be searching the house for that pair of scissors... they'll always be right where you expect them to be.
- ✓ Use organizers! Trays, cubbies and drawers can help keep small items in their place.
- ✓ Putting things where they belong will reduce the risk of falling over an unexpected item.



Mind Your Meds

- ✓ There are a wide variety of med minders available! Find one that works best for you!
- ✓ Ask for help! Reading labels and sorting meds can get tricky. When in doubt ask your Elara Caring clinician for help.
- ✓ Always keep one pill in the original bottle for easy reference.
- ✓ Many pharmacies offer large print labels... Just ask!



Texture, Tripping, Time and Touch

- ✓ Do you have trouble seeing the correct buttons to push on frequently used devices? Use tiny stickers with different shapes or textures to help you more easily identify the correct controls.
- ✓ Never rush! When you are affected by low vision, being in a hurry to get to the doorbell, telephone or bathroom can lead to a fall or other injury.
- ✓ Mark step edges or surface changes with contrast tape.
- ✓ Install grab bars and safety rails.
- ✓ Tape down area rugs or better yet, remove them.

Do you have questions or concerns?

We Can Help

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