****

**Having trouble seeing?**

**Live life easier with some simple changes to your home.**

**Place dark and light objects next to each other to create contrast.**   
Make mealtime more enjoyable by using a dark placemat under a light plate or using dark dishes on a light-colored table. Use a dark light switch cover to make a light-colored switch easier to see or use a light-colored switch cover against a dark wall. Replace your toilet seat with one that is darker than the rest of the toilet.

**Keep main walkways and hallways clutter free.** Replace throw rugs with non-slip mats or rugs.

**Use brightly-colored, three-dimensional raised marking tools.** Add raised dots called bump dots to key buttons on appliances, such as the START or 30 SECOND button on a microwave. Use a tactile paint called Spot N Line Pen to mark your remote control, stove dial or other surfaces.

**Add lighting.** Use a goose-neck lamp at a desk where you read or write. Place a floor lamp in your living area where you typically do your reading. Use under-the-cabinet lights in the kitchen for preparing meals. If shopping for a new lamp, ask to try one that is full-spectrum. Consider installing lights with motion sensors in closets.

**Control for glare.** Place furniture with the back facing away from bright windows. Use window blinds, curtains or shades to block bright light. Wear specialized sunglasses that block light on the top and sides; different colored tints are available to help either indoors or outdoors in a variety of conditions from sunny to overcast.

**Use simple tools to help secure items.** Attach museum or poster putty to the bottom of breakable items such as vases or figurines to keep them from slipping. Place non-slip shelf liner under a cutting board or mixing bowl when baking or cooking.

**Add colored tape for safety.** Wrap colored tape around a bathroom grab bar to make it easier to locate. Use colored tape on the front edge of steps to make them more visible.

**Use containers creatively to store items.** In your refrigerator use bins to store similar items such as cheese or leftovers. Use containers that are made in the shape of various foods such as a lemon, pepper or onion to store those items. Store dry goods like rice, pasta, sugar and flour in containers of varying sizes, textures and colors.

**Purchase a voice-controlled device for household management tasks.** Consider Google Home, Amazon Echo or Apple Home Pod to control lighting, the thermostat and more.

**Stay organized with over-the-door hooks.** Develop a habit to hang commonly used items such as a jacket, backpack or purse in the same place each time they are used.

**Add wind chimes to the front of your home.** Hang wind chimes at your front door to help find your way when it is dark, when there is glare or during bad weather.

**To learn more, contact:**

**Erica Weise at Vision Forward  
414-615-0163 or eweise@vision-forward.org**

**www.vision-forward.org**