

Ten top tips to help a person with sight loss in their home

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working together

RNIB Supporting people with sight loss

Action for blind people **A**

Ten top tips to help a person with sight loss in their home

The advice given here will help you feel confident about supporting a person with sight loss in their home.

- 1 Utilise natural light where possible.
- 2 Use vertical blinds to control adverse effects of natural light such as glare and shadows.
- 3 Artificial lighting levels should be consistent, even and controllable.
- 4 Avoid lampshades and lighting features that allow the bulb to be viewed directly.
- 5 Use brighter and bolder colours to create good colour contrast.
- 6 Avoid reflective surfaces, as well as highly patterned wallpaper, carpets and furnishings.
- 7 Encourage a consistent clutter free environment to avoid trip hazards.
- 8 Enhance visibility of glass doors with markings.
- 9 Use well contrasted or tactile signage where appropriate.
- 10 Local authorities can provide assessments to identify aids and adaptations to support with sight loss.