

Use the advice here to help you feel confident about supporting someone with sight loss at mealtimes and in their day-to-day independence.

- Use brighter and bolder colours to create good colour contrasts between different items.
- Plainly coloured backgrounds on table tops, and other surfaces, can support the identification and location of cutlery, plates and drinking glasses and cups.
- Find out how the diner prefers their knife, fork and drinking glass to be positioned. Ensure they are always in the same place.
- Set place settings consistently and tell the person you are supporting where everything is positioned.
- Declutter the table. Only use what is needed for each course.
- Use the clock system (12 is for meat; 3 is for carrots; 6 is for potato; 9 is for peas), to aid location of food on the plate. Always serve food in the same position.

Sight Loss
Advice Service

We're here for everyone affected by sight loss.

Get in touch with us on **0303 123 9999**
or visit **[rnib.org.uk/advice](https://www.rnib.org.uk/advice)**