

# Environmental tips to help a person with a learning disability and sight loss

- Maximise use of natural light where possible
- Use vertical blinds to help control adverse effects of natural lighting such as glare and shadows
- Artificial and natural lighting levels should be consistent, even and controllable
- Make things brighter and bolder using good colour contrast
- Avoid highly patterned wallpaper, carpets and furnishings
- Avoid reflective surfaces where possible to minimise glare
- Encourage a clutter free environment to avoid trip hazards
- Use of individual recognisable tactile signifiers to aid location
- Use well contrasted and consistent pictorial and written signage
- Offer guidance and support where appropriate

For information: **0303 123 9999**  
or visit [rnib.org.uk/learningdisability](https://www.rnib.org.uk/learningdisability)

working together

---

**RNIB** Supporting people  
with sight loss

  
**Action** for blind people

Action for Blind People reg charity no. 205913  
RNIB reg charity nos. 226227 and SC039316