

Top tips to improve an environment

R N I B

See differently

Tips to improve an environment for people with sight loss and learning disabilities.

- Use vertical blinds to help control the potential adverse effects of natural lighting, such as glare and shadows.
- Light levels should be consistent throughout the room, avoid pools of light or darkness. Consider ceiling light shades that help spread the light across environments rather than shades that focus light to a specific area of the room. No bulbs should be visible to the naked eye, to avoid glare.
- Increase colour contrast to make objects more easily identifiable.
- Avoid highly patterned wallpaper, carpets, table coverings and furnishings.
- Avoid reflective surfaces where possible to minimise glare, such as glossy tiles and shiny worktops.
- Use of individual recognisable tactile signifiers to aid identification of rooms or areas. E.g. an electrical plug, indicating an office area or spoon/fork for the kitchen area.

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**

For more information
about learning disabilities
and training available
for professionals visit
rnib.org.uk/care-professionals