One simple thing an elderly person with low vision may do is an environmental safety checklist for their home.

**A Checklist for Environmental Safety**

**Lighting**

- Provide an ample number of floor and table lamps in recreation and reading areas.
- Advise people who are visually impaired that light should always be aimed at the work they are doing, not at their eyes.
- Replace burned out light bulbs regularly.
- Place mirrors so that lighting doesn't reflect off them and create glare.
- Use adjustable blinds, sheer curtains, or draperies, because they allow for the adjustment of natural light.
- Place a few chairs near windows for reading or doing hand crafts in natural light.

**Furniture**

- Arrange furniture in small groupings so that people can converse easily.
- Make sure there is adequate lighting near furniture.
- Select textured upholstery, if possible. Texture provides tactile clues for identification.
- When purchasing new furniture, use brightly colored accessories, such as vases and lamps, to make furniture easier to locate.
- Avoid upholstery and floor covering with patterns. Stripes and checks can create confusion for people who are visually impaired.

**Elimination of Hazards**

- Replace worn carpeting and floor covering.
- Tape down area rugs and electrical cords.
- Do not wax floors; use non-skid, non-glare products to clean and polish floors.
- Keep desk chairs best football prediction site free and table chairs pushed in.
- Move large pieces of furniture out of the main traffic areas.
- If telephone booths protrude into main traffic areas, have them moved.

**Use of Color Contrast**

- Place light objects against a dark background, for example, place a dark table near a white wall, for example, or a black switch plate on a white wall.
- Install door handles that contrast with doors so they are easy to locate.
- Mark the edges of all steps and ramps with paint or tape of a highly contrasting color.

**Hallways and Stairways**

- In hallways, make sure that lighting is uniform throughout.
• Locate drinking fountains and fire extinguishers along one wall only throughout hallways to allow individuals who are visually impaired to trail the other wall without encountering obstacles.
• Install grab bars that contrast with the background in places where they may be needed.
• Light stairwells clearly; avoid lighting that casts shadows or creates glare.
• Make certain that stairway railings contrast with the background and extend beyond the top and bottom steps.
• Mark landings in a highly contrasting color.

Signs

• Place signs at eye level. Use large contrasting lettering. Avoid signs that protrude into hallways and other paths of travel.
• Mark emergency exits clearly.

Telephones

• Provide some telephones that have large-print dials.
• Make telephone amplifiers, which increase the level of sound if available.

Resources

Association for Education & Rehabilitation of the Blind and Visually Impaired
4600 Duke Street, Suite 430
P.O. Box 22397
Alexandria, VA 22304
(703) 823-9690
1-877-492-2708
http://www.aerbvi.org
• Includes educators, rehabilitators, administrators, parents, and houseparents of blind children; agencies, schools, and other interested in the education, guidance, vocational rehabilitation, or occupational placement of the blind and partially-sighted. Cooperates with colleges and universities in conferences and workshops. Presents awards, conducts certification programs, and maintains job exchange services. Works with state, provencial, and national governments on legislation affecting services to blind and visually impaired individuals.

Low Vision Council
5921 South Middlefield Road, Suite 102
Littleton, CO 80123
(303) 797-6554
http://www.lowvisioncouncil.org
• Works to raise awareness of low vision rehabilitation among eye care providers, as well as visually impaired consumers and their caregivers.
National Association for Parents of Children with Visual Impairments, Inc.
P.O. Box 317
Watertown, MA 02471-0317
1-800-562-6265
(617) 972-7441
http://www.spedex.com/NAPVI/index.htm
• Offers emotional support for parents of blind or visually impaired children. Provides information, training and assistance, and help in understanding and using available resources.

Print and Audio Materials
Choice Magazine Listening
85 Channel Drive
Port Washington, NY 11050
(516) 883-8280
http://www.choicemagazinelistening.org
• Offers selected articles from popular print magazines on special-speed, 4-track audiocassette, available through the Library of Congress. Provides free service nationwide to eligible persons

Christian Record Services, Inc.
4444 South 52nd Street
P.O. Box 6097
Lincoln, NE 68516
(402) 488-0981
http://www.christianrecord.org
• Provides a lending library of books in Braille, large print materials, and cassette tapes. Provides referrals to local low vision specialists and support groups.