

ADAPTING YOUR HOME FOR LOW VISION

**Easy room-by-room
suggestions to help
you maintain your
independence**



**SEE
WHAT'S
NEXT¹**

You should feel comfortable and in control at home. That's why it's important to understand the 5 key principles of adapting your space for life with wet age-related macular degeneration (wet AMD).



Safety

Improve
visibility and
remove hazards



Contrast and colour

Use bold
colours and lots
of contrast



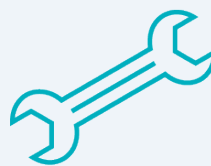
Organisation

Reduce clutter,
use bold
labelling and
put things back
in their place



Lighting

Switch to
brighter
lighting and
more of it



Low-vision tools

Use coloured
tape, egg
cartons and
sticky notes

The kitchen

You can still enjoy cooking with changing vision. Making some small changes and adding some new tools can help make navigating your kitchen safer and easier.

Safety

- Use non-slip rugs or use double-sided tape to secure mats
- Avoid patterned tiles and flooring
- Label frequently used settings on appliances with coloured tape
- Use a finger guard or glove for cutting or chopping



Contrast and colour

- Use solid-coloured dishware that contrasts with your tablecloth or placemats
- Use a high contrast cutting board
- Define cabinet edges and doors with brightly coloured tape to easily see if they're open



Organisation

- Use large stickers or handwritten index cards to label pantry items
- Always place kitchen items in the same place
- Use a voice recorder to create shopping lists



Lighting

- Use a lamp or install extra lighting under cabinets near where you prepare food
- Reduce glare from windows with blinds, shades or curtains
- Use a lighted magnifier to enlarge and brighten text



Low-vision tools

- Use an audible liquid-level indicator to alert you when your dish or cup is full
- Use voice-activated kitchen devices like thermometers and timers



The bathroom

The bathroom is a personal space we can't live without. Thankfully, with just a few small adjustments, you can make this room easier to use every day.

Safety

- Use non-slip rugs or use double-sided tape to secure mats
- Install safety handrails in your shower and near your toilet
- Use an electric razor to prevent cuts
- Install an automatic night light to help you find your way



Contrast and colour

- Define the edges of your bath with high-contrast tape
- Use bright, high contrast bath mats, towels, soap dispensers and even toilet seats
- Use a brightly coloured sponge when filling up the bath or sink to help you gauge the water level



Organisation

- Use a shower caddy to keep your most-used items together
- Use different shaped bottles to help differentiate things like your shampoo and conditioner



Lighting

- Add additional lighting above your bath and shower, even battery-powered lamps can work
- Use a lighted magnification mirror to help with applying makeup or shaving



Low-vision tools

- Use a toilet seat frame with arms along either side
- Buy an audible bathroom scale that speaks to you



The bedroom

The bedroom is the last place you want to feel uncomfortable. The good news is, even the smallest changes can make a big difference.

Safety

- Arrange furniture so there's a clear, wide path with access to everything
- Remove rugs or secure them with double sided tape
- Wear non-skid slippers



Contrast and colour

- Incorporate contrast when choosing bedspreads and sheets
- Apply high-contrast tape to blind pulls, drawer handles, and the edges of light switches and power points
- Incorporate solid, bright colours like red or yellow which are easier to see



Organisation

- Use drawer dividers to make things easier to find
- Store accessories and jewellery in clearly labelled plastic bags
- Organise your clothes by outfit, colour, or type of garment



Lighting

- Control glare with blinds, shades or curtains
- Use a reading light, either on the bedside table or clipped to your headboard
- Keep a torch next to your bed for when you need to get up in the night



Low-vision tools

- Get a talking clock, or one with a large display
- Put a large button telephone on your bedside table in case of emergency



The living room

The living room is where you want to relax and entertain. With just a few adjustments, you can make this room a more comfortable place to enjoy.

Safety

- Avoid low-level objects like coffee tables, or try one with rounded edges
- Keep cords tucked away
- Remove rugs or secure them with double-sided tape



Contrast and colour

- Choose furniture that contrasts with your floor, and has solid colours rather than patterns
- Use bright tape to define sharp edges
- Try fluorescent sticky notes and labels for identifying files



Organisation

- Store and return frequently used items like remotes, keys or mobile phones in the same location
- Arrange your furniture to allow for one metre wide paths around your room



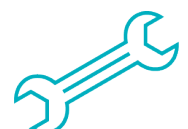
Lighting

- Use flexible-necked lamps for reading or other tasks, as well as bright overhead lights
- Reduce glare with adjustable curtains or blinds, and position your TV away from windows and bright lights



Low-vision tools

- Install low-vision software on your computer to magnify text, adjust contrast, and incorporate text-to-speech
- Use a large-button keyboard and an oversize monitor
- Consider a smart home device with voice activation
- Keep magnifying glasses handy for reading or watching TV



Hallways and staircases

They're easy to overlook, but it's important to make adjustments so your hallways and staircases are safe and easy to get around.

Safety

- Line the edges of stairs with bright tape
- Keep furniture to a minimum so you have a clear path
- Install handrails on both sides of your staircases to help you keep your balance



Contrast and colour

- Use high-contrast light switch plates so they're easy to spot
- Paint your handrails, stairs or walls with high-contrast paint as an important safety cue



Organisation

- Eliminate clutter like loose umbrellas and shoes
- Store frequently used items together in the same place



Lighting

- Use automatic nightlights where possible and keep a torch in a handy spot
- Make sure your hallways and staircases have plenty of bright overhead light



Low-vision tools

- Install magnetic door stops to help keep hallways and staircases open
- Use motion-sensing stair lights that automatically turn on when you reach a certain stair



Reference: 1. Optometry Australia. 2019 Clinical Practice Guide for the diagnosis, treatment and management of Age-Related Macular Degeneration.

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This information does not replace a consultation with a medical professional, and should not be
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