

## MEAL PREPARATION

- Organize food items in your pantry or refrigerator by food type.
- Use a microwave if the stove feels unsafe.
- Mark buttons with velcro or colored tape to make them easier to use.
- Use under-cabinet lighting to illuminate the counter.
- Use over-the-stove lighting to illuminate the stove.
- Keep cooking tools on a counter or table.
- Use a large measuring cup.

## MONEY MANAGEMENT

- Use trays with brightly colored tape to keep bills organized.
- Pay bills online so the font can be enlarged.



## LOW VISION STRATEGIES

Many eye conditions such as glaucoma, diabetic retinopathy, and macular degeneration can impact your ability to complete daily activities. Making modifications to your environment or implementing strategies can help you maintain your independence.

## APPLIANCE

- **TapTo** Accu using
- **Look** Idler env can per
- **Sp** Re co pl
- **N** F S

## HOME MODIFICATIONS

- Remove fall risks such as cords, clutter, and throw rugs.
- Rearrange furniture to make safe pathways.
- Organize rooms to keep common items in familiar, easy-to-access locations.
- Establish routines to return those items to their designated place.
- Ensure grab bars and other equipment contrast with the walls.
- Use contrast to distinguish between items. Examples include: A dark bathmat on a light floor, colored tape

## LIGHTING

- Make sure to have good lighting throughout the home, especially in stairwells, and hallways.
- Consider changing your lightbulbs to different shades and strengths.
- Use nightlights or room lighting if you need to get up in the night.
- Use shades on lights to reduce glare.
- Use a gooseneck lamp for tabletop activities.
- Sit with your back toward a lamp or window in order to reduce glare and light sensitivity.

## GROCERY SHOPPING

# Living With Low Vision

**Michael Brown**



## **Living With Low Vision:**

This book delves into Living With Low Vision. Living With Low Vision is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Living With Low Vision, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Living With Low Vision
- Chapter 2: Essential Elements of Living With Low Vision
- Chapter 3: Living With Low Vision in Everyday Life
- Chapter 4: Living With Low Vision in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Living With Low Vision. The first chapter will explore what Living With Low Vision is, why Living With Low Vision is vital, and how to effectively learn about Living With Low Vision.
3. In chapter 2, this book will delve into the foundational concepts of Living With Low Vision. This chapter will elucidate the essential principles that need to be understood to grasp Living With Low Vision in its entirety.
4. In chapter 3, this book will examine the practical applications of Living With Low Vision in daily life. The third chapter will showcase real-world examples of how Living With Low Vision can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Living With Low Vision in specific contexts. The fourth chapter will explore how Living With Low Vision is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Living With Low Vision. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Living With Low Vision.

<http://www.armchairempire.com/About/detail/index.jsp/manual%20of%20surgery.pdf>

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