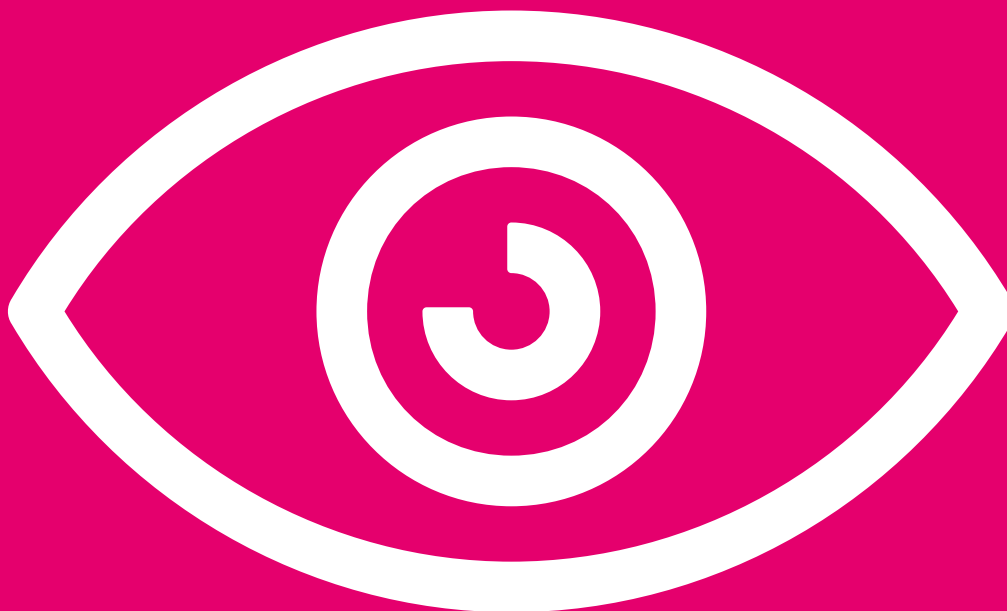


**.henshaws tips, tricks and tech for
living with sight loss and dementia**



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beyond expectations

3 making your home sight loss and dementia friendly





3. making your home sight loss and dementia friendly

- Make sure you have good consistent, controllable lighting throughout your home, and avoid vertical blinds. Daylight bulbs and desk lamps can often help but avoid naked bulbs.
- De-clutter! Clutter increases trips and falls.
- Avoid patterns – they can be disorientating and make it hard to find things. Try to have plain carpets, wallpaper and plates.
- Make sure everything has a place. You can avoid confusion by making sure things stay stored in the same place.
- Use picture or tactile labels – these are often easier to understand than written labels e.g. a picture of a knife and fork, or even an actual spoon, on a drawer.
- Contact your local sensory team about making kitchen appliances more accessible and about the other assistive devices available.

For more tips and tricks on how to deal with sight loss visit:
henshaws.org.uk/knowledge-village





we are here for you...

Henshaws is a charity that helps people living with sight loss and a range of other disabilities to achieve their ambitions and go beyond expectations. We believe that everyone has the right to an independent and fulfilling life. Our support, advice and training helps people and their families build skills, confidence and look forward to a positive future.



For more information contact us on
0300 222 5555 or **info@henshaws.org.uk**

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