Have You Hugged Your Eyes This Month?

Local News

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Aberdeen, WA – Because February is Low Vision Awareness Month, RehabVisions Occupational Therapy Department has put together these tips about adapting your home if you have low vision.

Increase lighting. Use brighter bulbs or ones that simulate daylight. Put lamps in areas where you do close work. Keep stairways well lit. Use nightlights in the bedroom/hallway/bathroom and be sure light switches are easy to access.

Eliminate hazards. Close closet and cupboard doors and drawers when not in use. Pick up loose items from the floor (shoes, books, clothing, power cords, even throw rugs) to avoid a tripping hazard. Mop up spills as soon as they happen.

Create color contrasts. Put light-colored objects against a dark background or a black switch plate on a light wall. Install doorknobs that contrast the door color and avoid upholstery with patterns that can be visually confusing.

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Organize and label items. Keep items used together near each other. Label boxes using a broad-tipped black felt marker.

Reduce glare. Glare is caused by light reflecting off a surface and when a surface is shiny this can be difficult for patients to see. Mini blinds are helpful to alter natural light during the day to eliminate glare.

Enlarge print. Use a magnifying glass to read medicine bottle labels. Use phones with enlarged keypads.

RehabVisions Occupational Therapy is a department of Grays Harbor Community Hospital located on the East Campus.