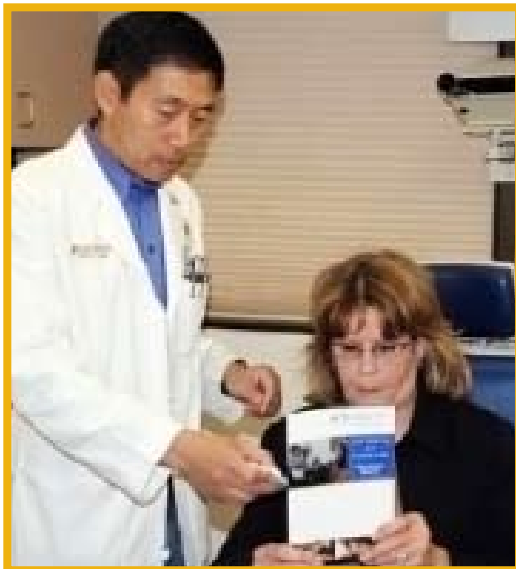


Ask Questions • Find Solutions



Five Important Questions To Ask Your Eye Care Professional

1. Are there any type of treatments available for my condition?
2. How stable is my eye condition?
3. Will changing my glasses help me?
4. I want to be able to continue to take care of myself, continue normal activities, and be safe. Do you think this is still possible?
5. How can I find services and resources to help me live with vision loss?

Here Are 10 Eye-deas to Get You Started

- 1 Keep rooms well lit. Good overall lighting is a must for safety.
- 2 Use night lights in bedrooms, hallways, bathrooms, and kitchens to help with navigating your home in the dark.
- 3 Provide adequate light for specific tasks like cutting food or reading and reduce glare.
- 4 Eliminate clutter — dispose of unnecessary items and always return things to the same place.
- 5 Remove objects that present a tripping hazard, such as throw rugs, low tables, and electrical cords.
- 6 Use contrasting colors in decorating to make doorways, stairs, and furniture easier to see.
- 7 Mark the inside of eye-level cabinet doors with tape or dark lines so the corners are easily identifiable.
- 8 Label everyday items — from clothing to cleaning supplies to canned goods — with large print or tactile labels.
- 9 Develop a system to recognize the different denominations of coins and bills.
- 10 Develop ways to identify your medications accurately, such as using large print or tactile labels, or talking prescription bottles.

Find more questions and solutions by visiting: www.afb.org/seniorsite