Kent Association for the Blind

Easy Read

Living with low vision

Kent Association for the Blind

We are Kent Association for the Blind.

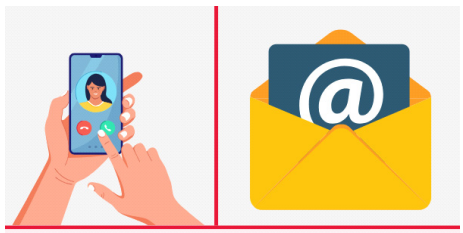


We help people who have sight loss.



We help people living in:

- Kent
- Medway
- Bromley



Call us on 01634 332929

Email us at:
rehab.medway@kab.org.uk

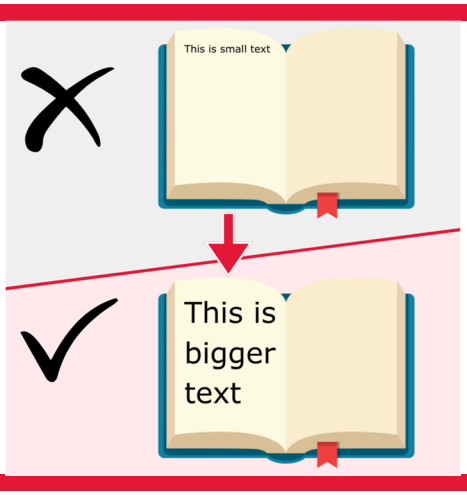


Visit our website:
www.kab.org.uk



These tips will help people who have sight loss. Make things:

- **bigger**
- **bolder**
- **brighter**



Make things bigger



A magnifier makes text and objects bigger.



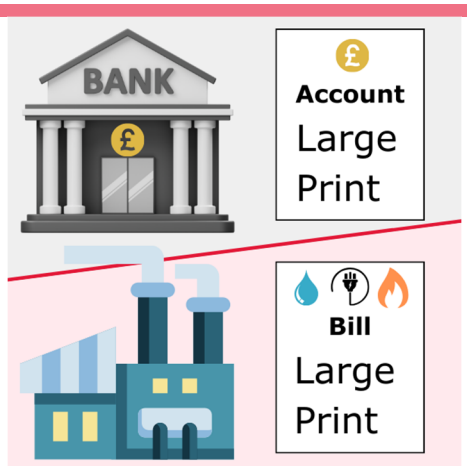
You can buy magnifiers from high street shops.



Or, you may need to see a Consultant Ophthalmologist or GP (doctor).



Then you may need to go to a low vision clinic at the hospital to get a stronger magnifier.



Ask your bank for letters and documents in Large Print.

Ask your electricity, water or gas provider for letters in Large Print.



You can get a big button phone.

You can get a talking clock.

You can get a big number clock.

You can get a talking watch.



You can get Large Print books.

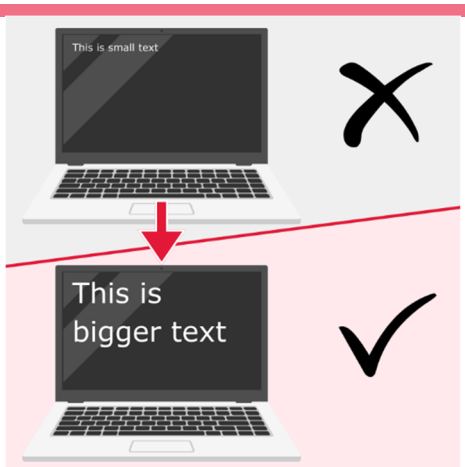
You can get audio books.



You can get these from a library.



You can get books on your computer.



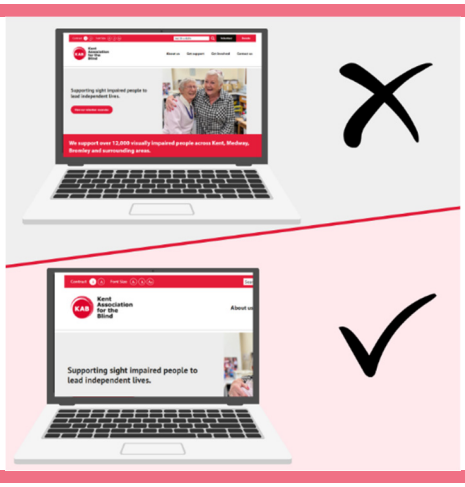
It is easy to make the text bigger on a computer.



Get a large TV screen.



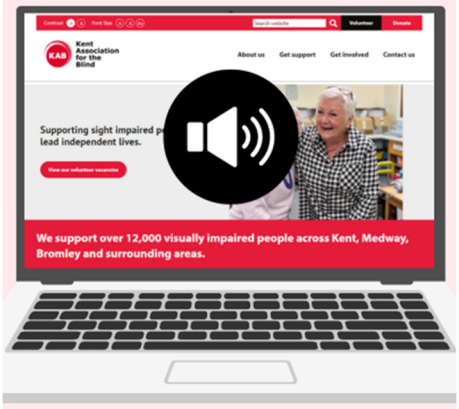
Try to sit closer to the TV screen.



Computers and mobile phones can make what is on your screen much bigger.



Computers and mobile phones can change the colours of what is on your screen.

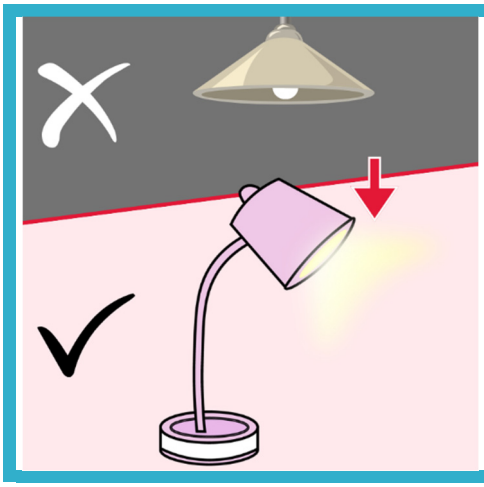


Computers and mobile phones can read out what is on your screen.



Contact us if you need help with:

- computers
- tablets or
- mobile phones.



Make things brighter



This is a ‘task lamp’.

It shines light over what you are doing.



! Warning !

Do not shine the light into your eyes.



Do not stand in a dark areas when working in your kitchen.



It is better to have a well-lit kitchen.



Lights under kitchen wall cupboards are great.

They light up the area where you are working.



Natural light is light from outside.

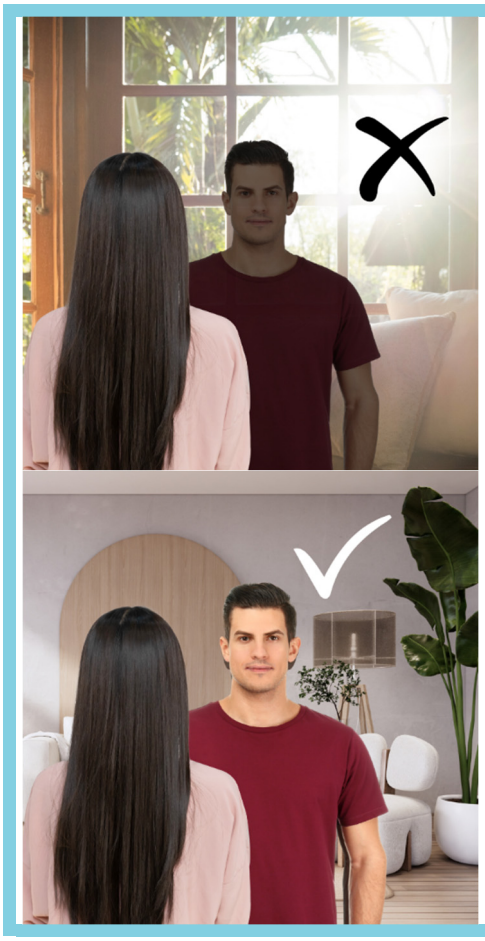
Natural light is good to help you see better.



Keep your windows clean.



Blinds or curtains can stop bright lights.



When you talk to someone, make sure they are not in front of a window or bright light.

As this will make it hard for you to see their face.

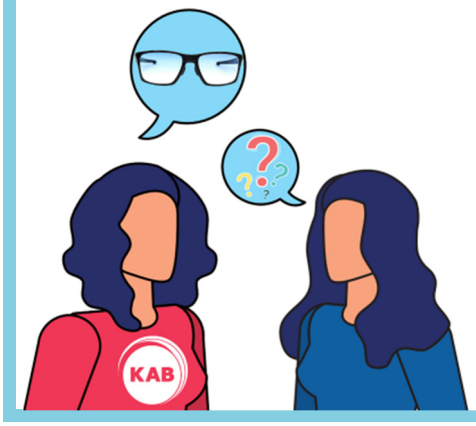


Wear a hat that stops sunlight getting into your eyes.



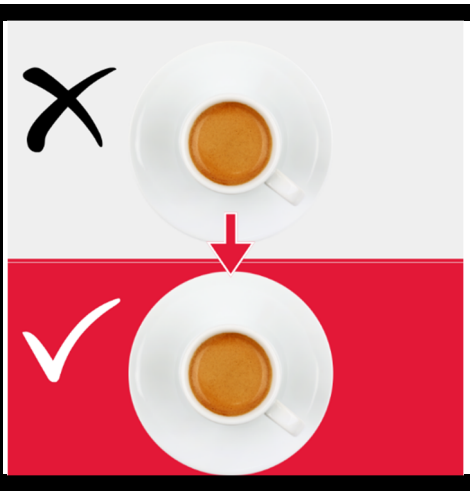
Some sunglasses cut out too much light.

This makes it harder to see.

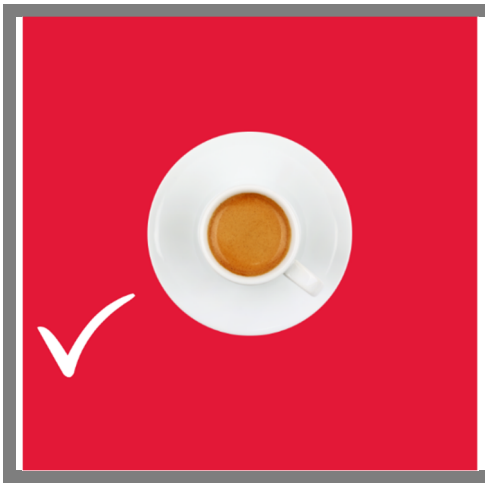


Talk to us about colour filters.

Colour filters block out types of light.



Make things bolder



Bolder means making something easy to see and stand out.

This cup and saucer stands out better on a red table,
than a white table.



Have different colour chopping boards for different coloured food.



For example:

Use a **red** chopping board for **white** cauliflower.

This helps you see the cauliflower better.



Another example:

Use a **white** chopping board for cutting **carrots**.

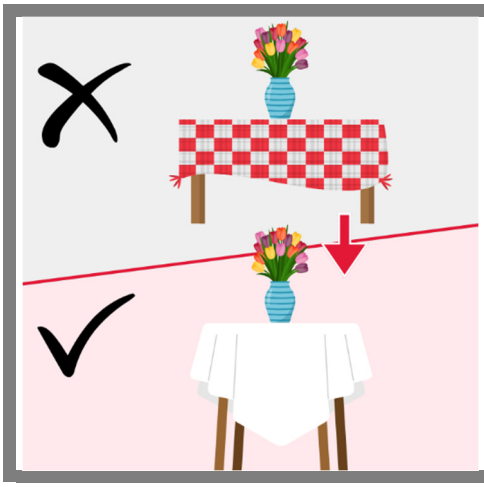
This helps you see the carrots better.



Use plain plates so you can see the food better.



Plates with patterns make it hard to see the food.



Use a plain tablecloth as it is easy to see what is on the table.



Use a glass that has a pattern when drinking clear drinks, like water.



On computers, tablets and mobile phones, you can change the colour of your:

- text
- background.



More helpful hints



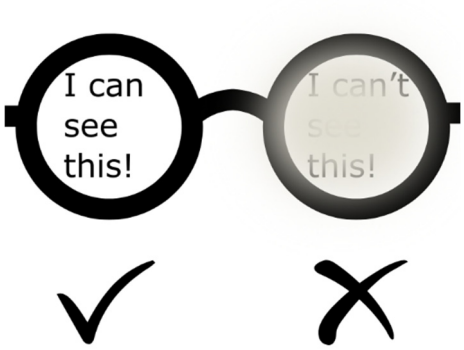
Keep your magnifier clean.



Keep your glasses clean.



Have regular eye tests.



An eye test can check that you can still see with your glasses.



An eye test can check if your eyes are good or bad.



You can put an elastic band around cans of food or bottles, like shampoo and conditioner.

This helps you to know which bottle to use.



The **PenFriend** is great to label your items, like:

- cans of food
- CDs.

You can buy a PenFriend from RNIB.



Under a pedestrian crossing there is a cone.

It spins around when the lights change to green for the person crossing the road.



Wear oven gloves on both hands.



Put rubber strips onto oven shelves.

This stops you burning yourself.



You may like to use **audio description** on your TV.

Audio description means a TV programme or film has extra audio that tells you what is happening.



There is a raised dot on the 5 on cash machines.

This will help you to find other numbers.



You can sign up to **BT 195**.

We can help you to do this.

After signing up, call 195 and ask BT to find a phone number for you.



£10 and £20 notes have raised dots to help you know what notes you have.

- The £10 note has 2 groups of raised dots
- The £20 note has 3 groups of raised dots



You can fold your notes in your wallet.

This helps you to find them:

- Fold £5 in half.
- Leave £20 unfolded.



Use a writing frame or signature guide.

This helps you to write neatly.



Your bank may give you a signature guide.