



**Some vision aids can be adapted from everyday items** that are available from most local Hardware or Stationery stores, and with ingenuity won't cost much whilst specific low vision aids (LVA's) are available to buy or on loan.

📖 Books, newspapers and magazines are available in large print or audio formats.

✍️ **When writing using a thick black felt tip pen, writing in bigger letters, or writing on yellow paper (such as legal pads) can make writing easier to read.** A writing frame can help keep lines of writing straight and a signature guide helps when signing documents.

😊 **Raised coloured stickers can be used to mark the most used setting on appliances like the oven, washing machine or the buttons on the radio - and even to make it easier to find a keyhole in the dark.** They can be used to mark the central '5' on a telephone keypad so you can navigate to other numbers (many TV remotes have this as a standard feature, larger bump-on stickers are widely available from organisations such as RNIB or the Partially Sighted Society.)

⌋ Simple but **sturdy reading stands** can make it easier to position books at an angle where they can be read using a lamp with a natural daylight bulb with or without a magnifiers.

☑️ Clocks, watches and mobile phones with large numbers are easy to buy.

🔊 **Microwaves, watches, scales, timers can be bought which have a 'talking' option** others like bath temperature alerts have an audible alert. A liquid level indicator can be useful when pouring drinks or putting cups on a tray to avoid spills. Similar shaped bottles which are often kept next to each other (such as shampoo and conditioner) can be differentiated by putting an elastic band round one of them.

➤ A clothes peg will to keep shoes in pairs.

**Technology can be helpful when vision fails but learning new skills when you can't see what you are doing is difficult** so it is a good idea to start practising with different ways of coping before vision becomes too compromised.

📖 **Hi-tech equipment such as e-readers, smart phones, ipads, computers** and closed circuit television readers can help with reading, and managing written work, accessing information and keeping in touch with friends and family. Large keyboards and audio software are available to help make the most of computers.

📞 **A pocket dictation machine** by the telephone can be used to record messages, or use a smart phone!

✓ **Adapting the way you watch TV** or upgrading your set might improve your viewing.

**Outside the house** people with MD often worry that they will accidentally walk past friends without recognising them, perhaps upsetting them. Letting people know will help avoid misunderstandings.

There are ways to tell when it's safe to cross the road at a pedestrian crossing. Some crossings make a bleeping noise, others have a small cone-shaped bump under the control button box that spins when it's safe to cross, and still others have a vibrating plate under the control box. So get to know your crossings!

⌋ If venturing out some people may prefer to carry a **'symbol cane'**. This is a short white stick which indicates the holder has a visual impairment. They fold up so do not have to be carried prominently all the time but can be useful in situations where assistance might be needed such as in a shop or at a bus stop.