

SAFETY AT HOME: BEDROOMS AND CLOSETS

- Use a bedside lamp with a "clap-on" feature, or one that you can activate by simply touching the base.
- Place a small lamp just inside the door of your bedroom and switch it on to help you find your bedside light.
- Install flexible-arm lamps wherever you need them for reading or identifying clothing and medication. In closets, install battery-operated lights that can be mounted on the wall.
- Attach a bed caddy to the side of the bed to hold your eyeglasses, medication, and tissues.
- Anchor all of your lamps in place so that you won't knock or pull them over.
- Make it a habit to close closet doors or dresser drawers immediately after you use them.

Brought to you by:



AWARE

This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the
dark.*

Become AWARE!

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.

