

HEALTH SAFETY HINTS

- Use a talking or large print scale to monitor your weight or weigh your food accurately.
- If you have low vision, use a large print calendar to track your medical appointments and treatments. Keep the calendar in a central location so family and friends can also use it.
- Learn about adaptive techniques for measuring liquid medications or insulin. To learn more, talk with your doctor or diabetes specialist, or contact a Vision Rehabilitation Therapist.
- Investigate adaptive medical equipment, such as talking thermometers, talking pedometers, and talking or large print blood glucose meters and blood pressure monitors.
- You can find specialty scales, large print calendars, and adaptive medical equipment in the VisionAWARE online store at www.visionaware.org/product-catalog.

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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

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

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A downloadable service brought to you by:
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