

SAFETY AT HOME: IN THE LIVING ROOM

- Is the lighting too dim, too bright, or does it cover too small an area? If so, consider increasing the wattage of your light bulbs (within recommended limits), repositioning lamps, or adding additional lighting.
- Add dimmer switches to your lamps so that you can vary their light intensity as needed.
- If your living room drapes block natural daylight, use adjustable blinds or translucent curtains.
- Try rearranging the furniture so that your reading chair is positioned to take advantage of the natural sunlight.
- Reposition your television to reduce glare on the screen.
- If your coffee table or end tables have glossy surfaces, cover them with a cloth or placemat to minimize glare.

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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.

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keep you in the
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