

Therapeutic Home Adaptations for Older Adults with Disabilities

Table 3.

Home Modifications for Patients with Vision Loss

Avoid protruding cabinetry hardware

Consider incandescent lighting over fluorescent lighting

Consider yellow or amber lenses to help patients with sensitivity to glare; hats with brims or visors may also be helpful

Ensure that printed materials are high-contrast, low-glare, 16- to 18-point simple (nondecorative) font, with wide letter and line spacing

Install bright lights at exterior doors with motion or sound activation

Install contrasting material on leading edge of stair

Install flush door thresholds to reduce tripping hazards

Install lighted keyholes and doorbells

Install mirror that can be positioned close to patient for grooming

Install single-handle scald-proof faucet

Install strip lighting under cabinets

Install switches with distinctive “on” and “off” positions

Install task lighting in areas such as the bathroom, dressing room, kitchen, and laundry room

Install telephones, thermostats, thermometers, and appliances with large numerals to maximize residual sight

Provide bold-lined paper and bold felt-tip markers to communicate messages and reminders

Use blinds or shades to control light entering room to limit glare

Use contrasting colors to help with object recognition

Information from reference 20.

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