



Large print

Managing sight loss: advice for everyday living

Fact sheet 2b: Lighting

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Lighting – what you need to know

A 60 year old needs three times as much light as a 20 year old does. So, lighting is very important to us all, especially people with sight loss. Below are some ideas that can help.

- The best light is natural light. To help you get the best from natural light it is important to consider:
 - adjusting curtains to let in light or avoid glare
 - moving furniture, especially your chair, to make the best use of natural light
 - keeping windows and net curtains clean
 - keeping light ‘even’ throughout the house to avoid dark or shaded areas. Go around your house and look out for areas which are inadequately lit.
- If the above suggestions don’t help then you can try looking at the artificial lighting around your home.
- You may benefit from simply increasing the wattage of bulbs (remember to check the fittings and shade can take them) or even switching them on in the first place (particularly stairs and landings). Consider where possible changing the type of bulbs you use, ideally from filament or halogen to fluorescent or LED.
- ‘Close up’ lighting or task lighting means getting the lighting closer to what you are doing. Consider moving your chair to make the best of natural light or getting an adjustable ‘anglepoise’ lamp so you can direct the light exactly where you want it.

- Lighting is a real benefit if the object contrasts with its surroundings, eg a red cup on a white surface.

If you would like more help on lighting please contact your local Adults' Health and Care or Children's Services Sensory Services Team for more information.



Photograph by [Corey O'Brien](#) on [Unsplash](#).