



Large print

Managing sight loss: advice for everyday living

Fact sheet 2c: Colour and contrast

May 2019



Colour and contrast – what you need to know

Colour and contrast can be used very effectively to help distinguish objects and detail.

You may like to consider some of the following suggestions:

- Put dark food on light dishes.
- A jug, sugar bowl and salt and pepper shakers may be easier to distinguish if they are each a different, bright colour.
- Clear glass dishes seem to disappear against any surface. Use plain coloured crockery and a plain tablecloth of contrasting colour.
- Use light colours to paint rooms and halls that have limited light.
- Code keys, utensils, bath and cooking objects with bright vinyl tape or bump-ons (raised dots).
- Help distinguish storage jars by using coloured lids.
- Paint the insides of cabinets and closets with a light colour.
- Use colour contrast to highlight features, eg put colour-contrasting tape on the edge of stairs and around plug sockets and light switches. Paint door frames and skirting boards a different colour from the doors, walls and carpets.

- Organise clothing using alternate contrasting colour – black, cream, navy, white, brown – in order not to mistake a black shirt for a navy shirt.

