



Home Management Skills

There are many ways that a person living with sight loss can continue to successfully manage their home. Following are a few tips which may help.

Pouring Techniques

Maintain contact: Feel the spout of the container you are pouring the liquid from. Place the spout directly on the inside rim of the cup. Keep the spout in contact with the rim while tipping the container to pour. This technique will ensure you don't miss the cup when pouring. To ensure containment of any spills, place the cup in plate or tray with raised sides.

Listen: The sound is loud and clear when you first pour liquids into a cup or glass. Then as the cup or glass fills, the sound fades out, indicating the cup or glass is full.

Feel the weight: The weight of the glass or cup indicates whether it is full.

Feel the temperature: Feel the outside of a glass, cup or container to see whether the liquid inside is hot or cold. If you are pouring hot liquids, place your index finger across the top of the cup. As the hot liquid nears the top of the cup, you will feel the warmth of the liquid, signaling you to stop pouring.

Use your thumb or finger: Place your thumb or index finger over the rim of the glass or cup as you are pouring. When the liquid reaches your thumb or finger, stop pouring. Use this technique with cold liquids only.

Use a liquid level indicator: A liquid level indicator hangs on the side of a cup and buzzes when the liquid is near the rim. Place the prongs of a liquid level indicator (such as the EZ-Fill) inside a glass or cup. When the liquid reaches the prong and buzzes, stop pouring.

Measuring Liquid and Dry Ingredients

Mark measurements on a large glass measuring cup with hard-drying tactile paint or assorted color tabs. Fill glass measuring cups in front of a contrasting background. For example, measure flour in front of a black background. Do the opposite for dark-colored ingredients. The contrast will help you see the food item better. You can make your own backgrounds easily with a piece of white or black construction paper.



Measuring Liquid and Dry Ingredients (continued)

An even easier way to measure is to use 'nesting' measuring cups. Memorize which cup is which (biggest is 1 cup, next is ½ cup, and so on) – then nest them to discern one size from another. You will always have the correct measurement using nesting cups or spoons.

Bend metal measuring spoons to form an 'L', with the scoop facing up. Dip the spoon into the substance. Wide mouth jars work very well for liquids and oils and make measuring with the adapted spoons much easier!

Peeling, Slicing, and Cutting

Use dark or light-colored cutting boards. The contrasting colors will make it easier to see the food.

To cut meat, first feel for the edge of the meat with a fork. Then take the knife, line it up behind the fork and begin cutting.

To peel food, begin by feeling for one end of the item. This is where you will begin to peel. Next, turn the item counter clockwise while peeling or clockwise if you are left handed.

Using Dials on Appliances

Use bump dot stickers, colored glue, puff paint or Velcro to mark the settings you use most. The raised dots help you set temperatures by touch. The same method may be used for microwave ovens, washer/dryers, thermostats, stove top controls and ovens.

Some appliance companies have braille overlays for stoves and microwaves.

Place additional task lighting in your work area to help illuminate appliance buttons and dials to relieve eye strain.

Organization and Labeling

Labeling techniques to identify food, medications and other items include; strategically placed rubber bands, white or color index cards with bold print, large letters and/or color-coded tabs or tape. You can also use an audio labeler, such as the 'Pen Friend' to record labels and place them on items in your home; touch the label with the Pen Friend and hear exactly what that item is.



Housekeeping

Organize a general storage area for ease in locating cleaning items.

Use a cart or basket to store and transport cleaning equipment and products from the storage area to various parts of the house.

When you vacuum or sweep, divide each room into sections, using furniture and walls as reference points. Then work in a systematic, grid pattern as you clean each section.

Needle Threading/Mending

Thread needles with special needles and needle threaders that have been designed for people with low vision to make threading needs easier. Self-threading needles, as well as gadgets like the 'Infila threader' make threading even the smallest needles possible for anyone.

Lighting Tips

Lighting can make all the difference when performing daily tasks. Bring the light closer to the task or work area to get the maximum benefit. Make sure the 'task light' has a shade which allows no light to pass through it, thereby reducing glare and directing the much-needed light directly down onto the task at hand. Newer LED lights, as well as fluorescent lights are inexpensive and energy efficient ways to improve lighting in your home.

**For more information on living with vision loss, contact
Lighthouse Low Vision Services at: (206) 436-2154**

OR

bit.ly/LighthouseLVS

Funding for Our Programs

We rely on community support from local corporations, foundations, service organizations, and individuals, in addition to income from the sale of our products. This additional funding is critical to preserving and expanding programs for those we serve. Lighthouse Low Vision Services receives funding from the King County Veterans, Seniors and Human Services Levy.



King County

Veterans, Seniors & Human Services Levy