

Hints and Tips for Supporting People with a Visual Impairment

When **cleaning the fridge or microwave** to avoid using toxic chemicals, try using toothpaste. A small amount on a wet wash up sponge goes a long way. The toothpaste is slightly abrasive and removes marks and leaves your fridge smelly minty and fresh.

When **cleaning windows** try using a cheap white alcohol, non-toxic, but makes cleaning windows fun. Use on dry cloth and polish off with a dry cloth or newspaper.

When having difficulties with **applying toothpaste** to a toothbrush, squirt the toothpaste directly into your mouth, it is going in there anyway.

Use shaving foam to **clean your bathroom mirror**. It will stop the mirror from steaming up.

When **making a cup of tea** and you are having difficulties with knowing when the cup is full, place a ping pong ball in the cup first and when you fill the cup/mug the ball will raise to the top.

When having difficulties with **putting sugar into drinks**, try using sugar lumps.

When **having a meal** such as white fish and potatoes, use a dark plate. When using white crockery use a contrasting colour to the worktop or table top this will help with locating things.

When **making a pot of tea**, empty the kettle completely, fill the tea pot with cold water and then pour into the kettle. When the kettle is boiled you will know there is only enough hot water to fill the tea pot and avoid spillages and scalding.

When **cooking on the hob**, always use the back 2 rings. If the pans should boil over it would go over the cooker top not you, avoiding scalds.

When **cooking vegetables** use 'chip pan baskets' in the pans. When veg is cooked remove the baskets instead of draining the pans, avoids scalding and lifting heavy pans.

To make sure all the potato skins have been removed when **peeling potatoes** place the potato in a bowl of very cold water and where the skin is still present it will be raised up and easily accessed for removing. After peeling a potato, put it in a bowl of cold water and leave for 5 mins, when you go back to it where you have missed the peel it will have raised and will be easy to locate.

When **out and about** and you need to use the **controlled crossings to cross the road**, feel for a conical screw underneath the yellow box. Hold onto the screw and when the green man is flashing you will feel it rotating. This is for visually impaired people who cannot see the green man, for the hearing impaired who cannot hear the bleeps. If there is another controlled crossing nearby the the bleep would still be heard and cause confusion, therefore the bleep would be disabled. Also some controlled crossings do not have a bleep as they are in built up area.