

# See What's Next

## A Home Guide Made For You

Easy room-by-room suggestions to adapt your home for living with wet macular degeneration (AMD).



# Making Your Home Work for You

Living with wet macular degeneration means you may need to adapt as your vision changes. And, a life well-lived begins in the home—the place where you feel most comfortable and in control. This guide may help you keep it that way. Let us show you some tips that you may find helpful and that fit your lifestyle.

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# How to Adapt Your Home

You should feel comfortable and in control at home. That's why it's important to understand the **5 key principles** of adapting your space for life with wet macular degeneration. Each principle is an essential part of making your home work better for you. Using these principles, this guide will provide helpful suggestions on how to adapt things room by room.

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## Safety



When you have wet macular degeneration, small changes can make a big impact on your safety. Discover all the simple updates you can make to help improve visibility in your home.

## Contrast & Color



Go bold! When it comes to color, bright is better than pastel. So is playing off light and dark. Use specific colors and contrast to your advantage throughout your home.

## Organization



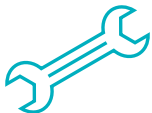
Become a master organizer. When you reduce clutter, use bold labeling, and create a system of putting things back in the same place, you'll have an easier time finding everything.

## Lighting



Let's brighten things up! The right kind of lighting and even light bulbs can really change the way you see around the house.

## Low-Vision Tools



You may already have things around the house that can make living in your home safer and easier. Colored tape, egg cartons, and even sticky notes can do wonders. We'll show you how.

# The Kitchen

For many, the kitchen is the center of the home. It's where culinary magic happens. It's where people gather. It's also where safety is essential, where little changes can make a big difference, and where you may be able to finally justify getting some new dishes and gadgets.



## Stay confident in the kitchen

“

You can still enjoy cooking with changing vision. Making small modifications and adding some new tools can make navigating your kitchen safer and easier. Larger print measuring cups, timers, and colored chopping boards will bring the fun back to cooking.

”

—Macular Degeneration Association

## Safety



- **Use non-skid rugs:** Use a non-skid kitchen rug or use double-sided tape to secure rugs and mats.
- **Avoid complex patterns:** Solid colored flooring is easier to distinguish and can help with depth perception and avoid slips.
- **Label frequently used settings:** Use colored stickers or tape to label frequently used settings on appliances.
- **Use a finger guard or glove for cutting:** Protect your fingers while you cut or chop with a finger guard or cut-resistant glove.

## Contrast & Color



- **Use solid-colored dishware:** Avoid using clear glass or patterned dishes and opt for dishes in solid, bright colors.
- **Use a high-contrast cutting board:** Use a cutting board in a high-contrast color to help clearly define your work space.
- **Define areas with high-contrast tape:** Mark things like cabinet edges with brightly colored tape to easily detect when a cabinet is open.
- **Use solid-colored contrasting placemats:** Use solid-colored placemats that contrast with the color of your dishware.



## Organization



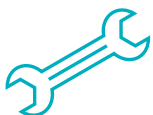
- **Use labels to identify things:** Large stickers, or even handwritten index cards can help you distinguish pantry items.
- **Store things in the same place:** Create a system and a sense of consistency by always placing certain kitchen items in the same place so you always know where to find them.
- **Create voice memos instead:** Organize your shopping list using a voice recorder instead of jotting it down on paper.

## Lighting

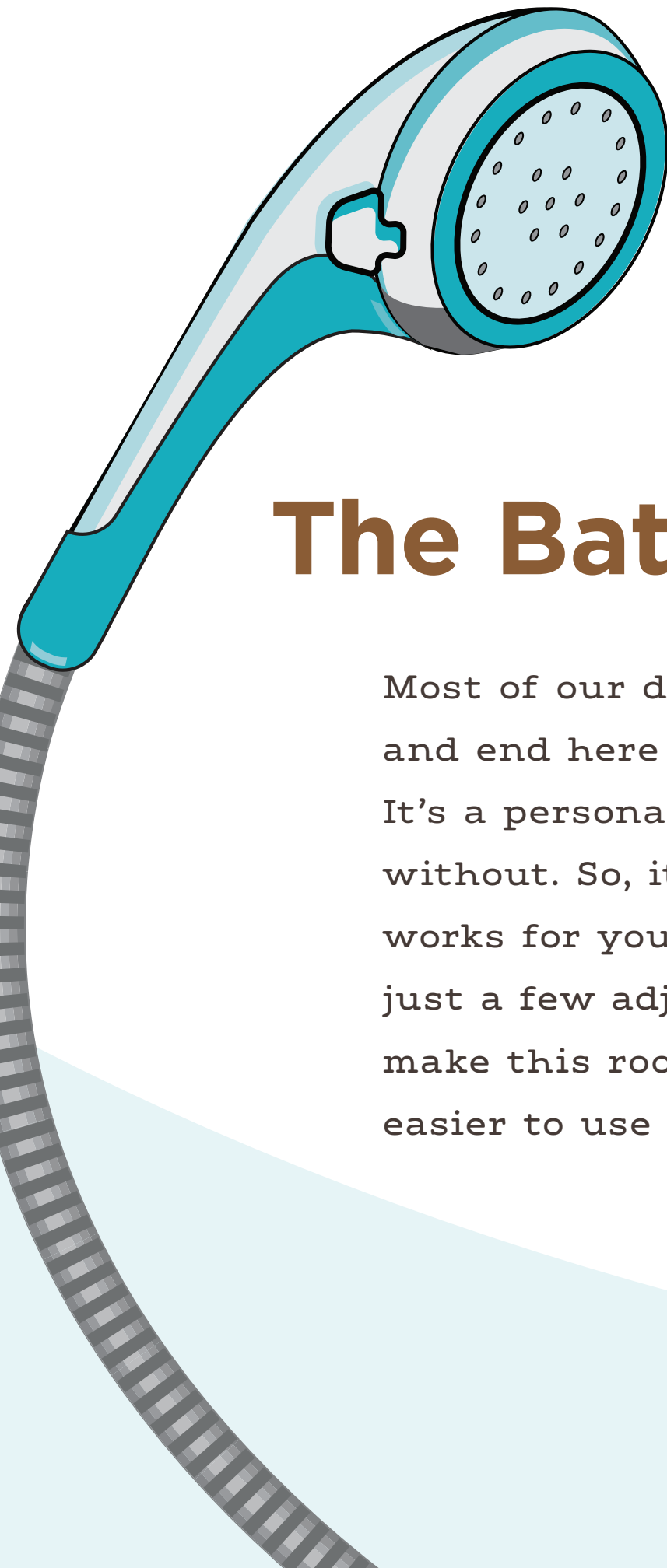


- **Introduce focused task lighting:** Use task lighting in areas wherever you prepare food. Install under-the-cabinet lights for added brightness.
- **Reduce glare from windows:** Help to avoid sun reflections from windows by installing adjustable blinds, shades, or curtains.
- **Use an illuminated magnifier:** Use a lighted magnifier to help enlarge and brighten text.

## Low-Vision Tools



- **Use an audible liquid-level indicator:** These battery operated gadgets can alert you with sound when your dish or cup is full.
- **Use voice-activated kitchen devices:** Many kitchen devices don't require reading and can actually speak back to you, like thermometers and timers.



# The Bathroom

Most of our daily rituals begin and end here in the bathroom. It's a personal space we can't live without. So, it's essential that it works for you. Thankfully with just a few adjustments, you can make this room in your home easier to use every day.

## Love yourself first

“ If we are not careful, vision loss becomes our focus. Instead, we need to focus on what we can do, and love ourselves enough to base our worth on something other than our eyesight. ”

—Sharon, MD Support

## Safety



- **Use non-skid mats and rugs:** Rubber-backed bath mats and rugs can help prevent slips. You can also secure your existing rugs with double-sided tape.
- **Install safety hand rails:** Safety bars in your shower and near your toilet can help if you ever lose your balance.
- **Use an electric razor instead:** Standard razors leave you more prone to getting cuts. Use an electric razor instead.
- **Install a nightlight:** Install an “auto-on” night light in your bathroom to help you find your way.

## Contrast & Color



- **Define the edge of your bathtub:** Apply a strip of high-contrast colored tape along the edge of your bathtub to help define where it begins and ends.
- **Use bright, high-contrast accessories:** Use high-contrast bath mats, towels, soap dispensers, non-slip shower decals, and even toilet seats to more clearly define things.
- **Use a brightly-colored sponge to gauge water level:** If you take baths often or hand wash things in your bathroom sink, use a bright colored sponge to help gauge the water level.

## Organization



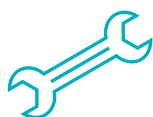
- **Use a shower caddy:** Group your shower items in a caddy to help keep your most used items in one place.
- **Use different shaped bottles:** Put your shampoo and conditioner in different sized or shaped bottles to help differentiate them.

## Lighting



- **Add additional lighting above your tub or shower:** Shower areas can be dark. If possible, add additional lighting (even battery-powered ones can work) over your tub or shower.
- **Use a lighted magnification mirror:** Lighted mirrors that offer magnification can help when applying makeup or when shaving.

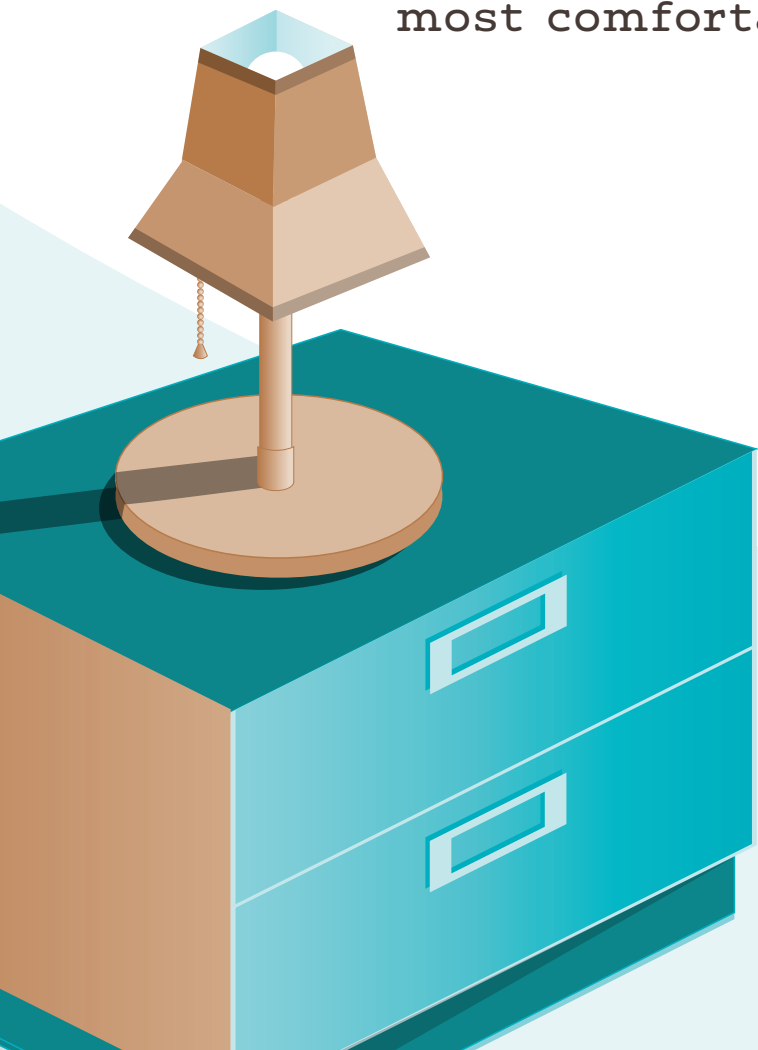
## Low-Vision Tools



- **Use a toilet seat frame:** Incorporating a toilet seat frame with arms along either side can be helpful while using the bathroom.
- **Buy an audible scale:** Purchase a bathroom scale that speaks to you.

# The Bedroom

There is almost no other place in the home that's more personal. Your bedroom. And it's the last place where you want to feel out of your element. Discover how even the subtlest of changes can make your bedroom one of the most comfortable in your home.



## You can do this

“

Give this job of living with low vision more effort than you have ever put into anything. It is your most important task right now. It will mean your life as you want it to be.

”

—Dave, MD Support

## Safety



- **Create clear pathways:** Arrange bedroom furniture in such a way that there's a clear, wide path to access everything.
- **Remove or secure area rugs:** Area rugs can be hazardous. Either make sure they're secured or remove them altogether.
- **Wear non-skid slippers:** Make sure the slippers, or shoes for that matter, that you wear around the house have proper traction and support.

## Contrast & Color



- **Incorporate contrast into textiles:** The greater the contrast, the easier it is to see. Try to incorporate contrast when choosing a bedspread or sheets.
- **Use high-contrast tape to highlight things:** Apply high-contrast tape to things like blind pulls, drawer handles, and even the edges of light switches and outlets to make them easier to see.
- **Incorporate solid, bright colors:** Solid, bright colors such as red or yellow can be easier to see than pastels.



## Organization



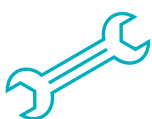
- **Use drawer dividers:** Add drawer dividers (you can even make your own out of cardboard) to make things easier to find.
- **Organize clothes by outfit:** Save yourself the hassle of putting together outfits by pre-assembling them on one hanger.
- **Use small bags to organize accessories:** Make it easier to find jewelry by storing things in clearly labeled plastic bags.
- **Group clothing by color:** An easy way to organize your closet is to create a system by keeping certain types of clothing together and grouping them by color.

## Lighting



- **Help control glare:** Adjustable blinds, shades, and curtains can help you control glare in your bedroom.
- **Use bedside task lighting:** If you like to read in bed, use a bright task light on your bedside table or clipped to your headboard.
- **Put a flashlight next to your bed:** Having a flashlight at hand can help light the way when you need to go to the bathroom.
- **Use a nightlight:** Place a nightlight in your bedroom that automatically turns on when it's dark to help light high-traffic areas.

## Low-Vision Tools



- **Use a talking clock:** Standard clocks can be hard to read. Use a talking clock or one with a large display to help tell the time.
- **Use a large-button telephone:** Get a large-button telephone to put on your bedside table for easy dialing in case of an emergency.

# The Living Room

The living room—it's where we relax, entertain, and even sometimes work. As someone with wet macular degeneration, you may think, what better excuse for splurging on that new, larger TV. Don't let us stop you, but you really don't have to go to that extreme. With just a few adjustments, you can make this room a more comfortable place to enjoy.



## Use tools to your advantage

“

I have done pretty well learning to use low-vision devices. I still get frustrated occasionally, but when I consider loss of independence as my only option, I count my blessings.

”

—Frances, MD Support

## Safety



- **Try to avoid low-level objects:** Coffee tables can be hazardous. If you must have one, try one with rounded edges.
- **Mind your cords and cables:** Whether it's a lamp or a fan that's plugged in, be mindful of keeping cords tucked away.
- **Remove or secure area rugs:** If your room has an area rug, consider removing it altogether or secure it with tape.

## Contrast & Color



- **Choose high-contrast furniture:** Your furniture should contrast with your floor and should be solid-colored, not patterned.
- **Use bright tape, sticky notes, and labels:** A roll of bright tape can help define sharp edges. Fluorescent sticky notes and labels are great for identifying files.

## Organization



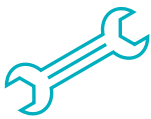
- **Create a storage system:** Store and return your frequently used items like remotes, keys, or mobile phones in the same location.
- **Clear the way:** Arrange your furniture to allow for 3-foot-wide paths around your room.

## Lighting



- **Use targeted lighting:** Use gooseneck lamps for targeted needs like reading, as well as bright overhead lights.
- **Avoid glare:** Prevent glare by using adjustable curtains or blinds and position your TV away from windows and bright lights.

## Low-Vision Tools



- **Install low-vision software:** There are many programs you can install to help magnify text, adjust contrast, and incorporate text-to-speech.
- **Use oversized accessories:** Get help with typing and viewing with a large-button keyboard and an oversized monitor.
- **Consider getting a smart home device:** These voice-activated devices can help with home activities, reading, researching things, and more.
- **Keep magnifying glasses handy:** Having magnifying glasses at different strengths nearby can help with different types of tasks like reading or watching TV.

# Hallways & Stairways

They're easy to overlook, but the good news is, there are some simple ways you can optimize hallways and stairways to be safer and easier to get around.



## Help is always here

“

Fortunately, there are steps individuals with wet macular degeneration can take to make sure their home remains a safe place. Follow the tips in this resource guide, talk with your eye care professional, and reach out to organizations like Prevent Blindness for help.

”

—Prevent Blindness, Advocacy Partner

## Safety



- **Line the edges of stairs with bright tape:** Use a roll of high-contrast, non-slip tape to help mark the edges.
- **Keep furniture to a minimum:** Try to avoid placing any furniture in hallway areas. The less things in your path, the better.
- **Install handrails on both sides:** Handrails on both sides of your stairways can help you keep your balance and stay steady.

## Contrast & Color



- **Use high-contrast light switch plates:** Install light switch plates that contrast with your wall color to more easily spot them.
- **Paint your handrails, stairs, or walls:** High-contrast colored paint applied on stairs and handrails can serve as an important safety cue.

## Organization



- **Eliminate clutter:** Make sure hallways and walkways are clear of any clutter, like loose umbrellas, shoes, and more.
- **Store often-used items in the same place:** If you typically store your keys at the top of your stairs, make a point to always store them in the same place.

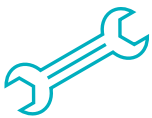


## Lighting



- **Keep flashlights and nightlights handy:** Use “auto-on” nightlights where possible and keep flashlights nearby.
- **Keep the lights bright:** Make sure your hallways and stairways have plenty of overhead light.

## Low-Vision Tools



- **Install magnetic door stops:** Install magnetic door stops to help keep stairways and hallways open.
- **Use motion-sensing stair lights:** These types of lights sense motion and can automatically turn on when you reach a certain stair.

# Product Checklist

Specific products, devices, and even everyday items around your home can really help you optimize your space as your vision changes. Discover helpful tools you can use in every room.

## Kitchen

### Things you may already have:



Colored stickers or nail polish to label appliance dials and settings



High-contrast tape to mark cabinet edges, doors, and switches



White coffee mugs



Solid, dark-colored placemats



Flashlight



# Kitchen

## Things you may want to buy:



High-contrast measuring cups, cutting boards, and dishware



Under-the-cabinet LED task lights



Audible liquid level indicator



Audible and large-type kitchen timer and thermometer



Finger guard or cut-resistant gloves



High-lumen light bulbs

# Bathroom

## Things you may already have:



Brightly-colored sponges to gauge water levels

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White labels for medications

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Different shaped bottles for shampoo and conditioner

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“Auto-on” nightlight

# Bathroom

Things you may want to buy:



Non-slip bath mats and shower decals



High-contrast toilet seat



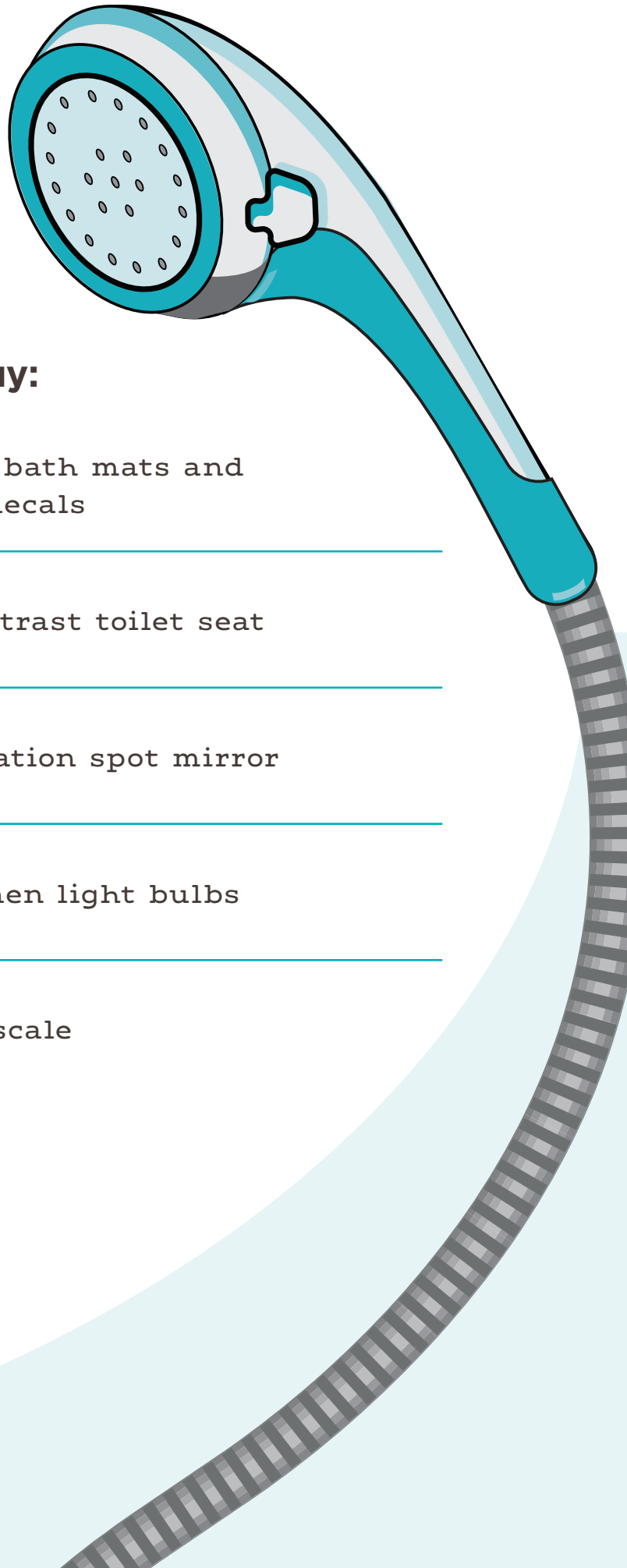
Magnification spot mirror



High-lumen light bulbs



Audible scale



# Bedroom

## Things you may already have:



Safety pins for grouping socks or labeling clothes

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Egg cartons or sandwich bags for storing jewelry

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Cardboard strips or shoe boxes for dividing drawers

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High-contrast tape for marking knobs, pulls, switches, and doors

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Flashlight

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“Auto-on” nightlight

# Bedroom

## Things you may want to buy:



High-contrast switch plate for light switch



High-lumen light bulbs



Bright task light or clip-on lamp



Non-skid, sturdy slippers



# Living Room

## Things you may already have:



Bright-colored sticky notes  
and storage trays



High-contrast tape for  
labeling things



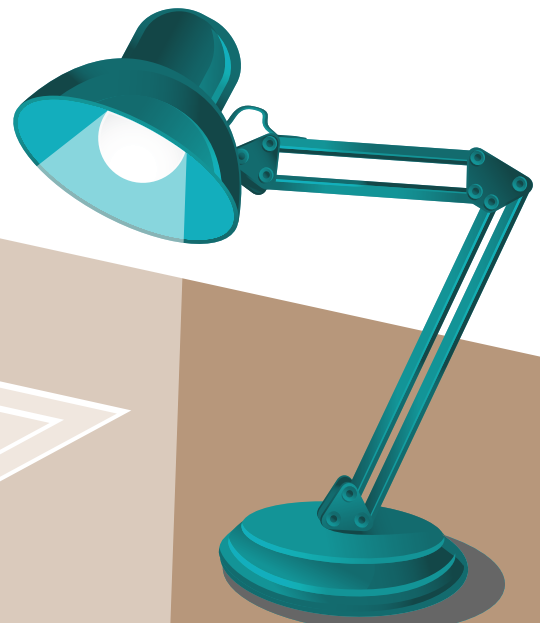
Flashlight



Illuminated or handheld magnifier



High-contrast throw blanket to  
drape on sofa or chairs





# Living Room

## Things you may want to buy:



High-lumen light bulbs

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Gooseneck task light

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Smart home device

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Large-button telephone

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Low-vision computer software

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High-contrast pens with  
dark black ink

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Metal or plastic writing guides

# Hallways & Stairways

## Things you may already have:



“Auto-on” nightlights



Bright-colored, non-slip tape for stair edges



High-contrast paint or tape on handrails and stairs



Flashlight

# Hallways & Stairways

Things you may want to buy:



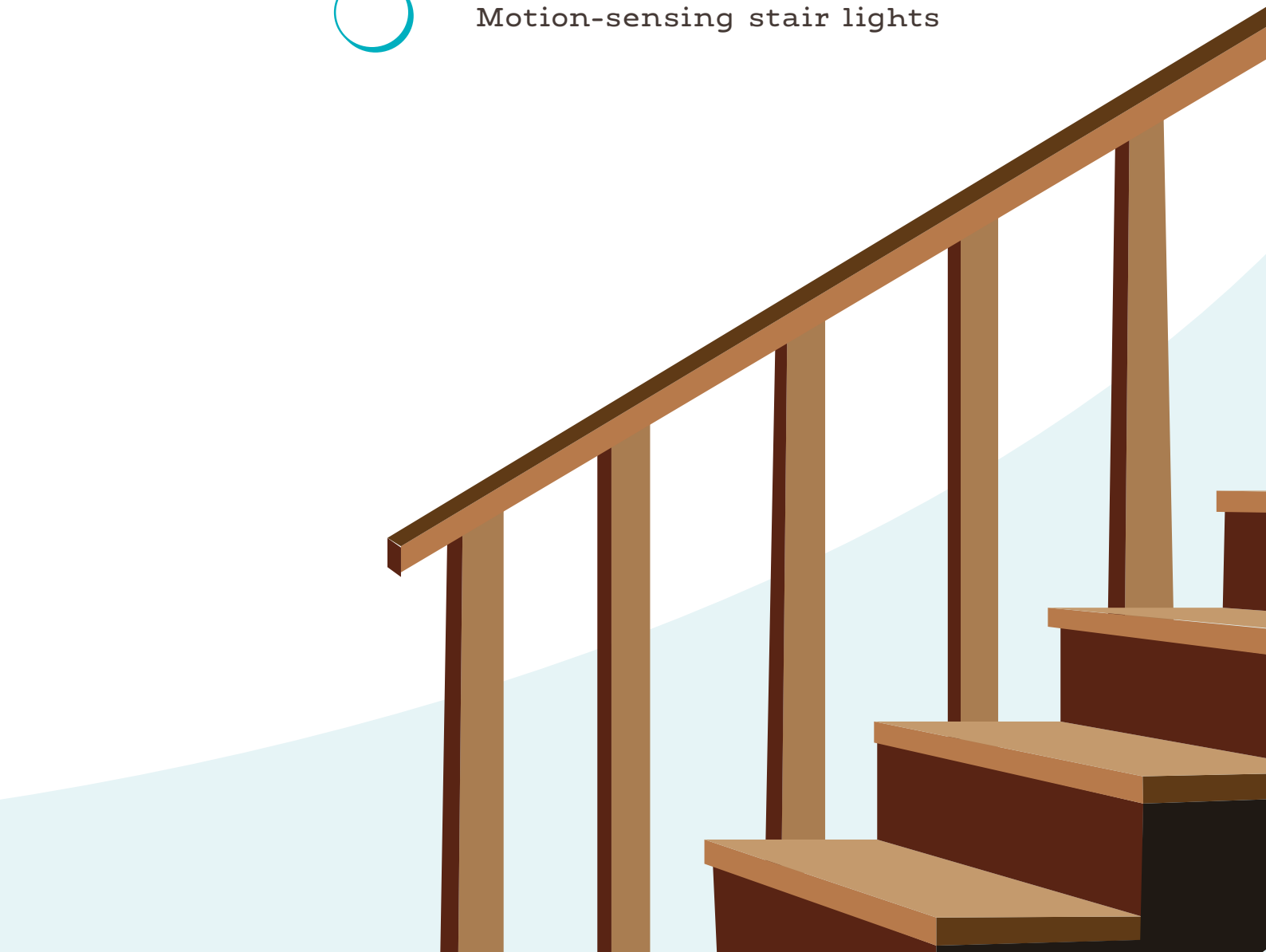
Magnetic door stops



High-contrast light switch plate



Motion-sensing stair lights



Thank you to our esteemed advocacy partners for their generosity and contribution to making this guide such a robust resource for people living with wet macular degeneration.

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**BrightFocus Foundation:**

[www.brightfocus.org](http://www.brightfocus.org)

**Lighthouse Guild:**

[www.lighthouseguild.org](http://www.lighthouseguild.org)

**Support Sight Foundation:**

[www.supportsight.org](http://www.supportsight.org)

**MD Support:**

[www.mdsupport.org](http://www.mdsupport.org)

**Macular Degeneration Association:**

[www.macularhope.org](http://www.macularhope.org)

**Prevent Blindness:**

[www.preventblindness.org](http://www.preventblindness.org)

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