

GLAUCOMA'S GLOBAL IMPACT ON VISION LOSS & BLINDNESS

Five home tips to help make living with poor eyesight easier & safer



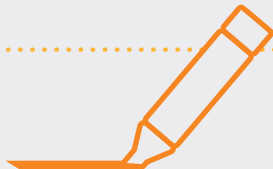
Paint door frames, light switches, electrical outlets, oven dials & thermostats in contrasting colors so they're easier to find & use



Wrap a different amount of rubber bands around medicine bottles so by feeling the number of bands the medicine can be identified



Use high-contrast tape or paint to mark areas around stairways & ramps



Use a waterproof marker or a strip of waterproof tape to mark the desired water level in a sink or bathtub to prevent overflowing



Use colored, high-contrast labels to "color code" spices, foods, and other items

Source: Based on information from Healthwise, Incorporated, 2016.

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