

Managing Sight Loss

Advice for everyday living

Practical Suggestions – Colour & Contrast

- **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 e.g. 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.**