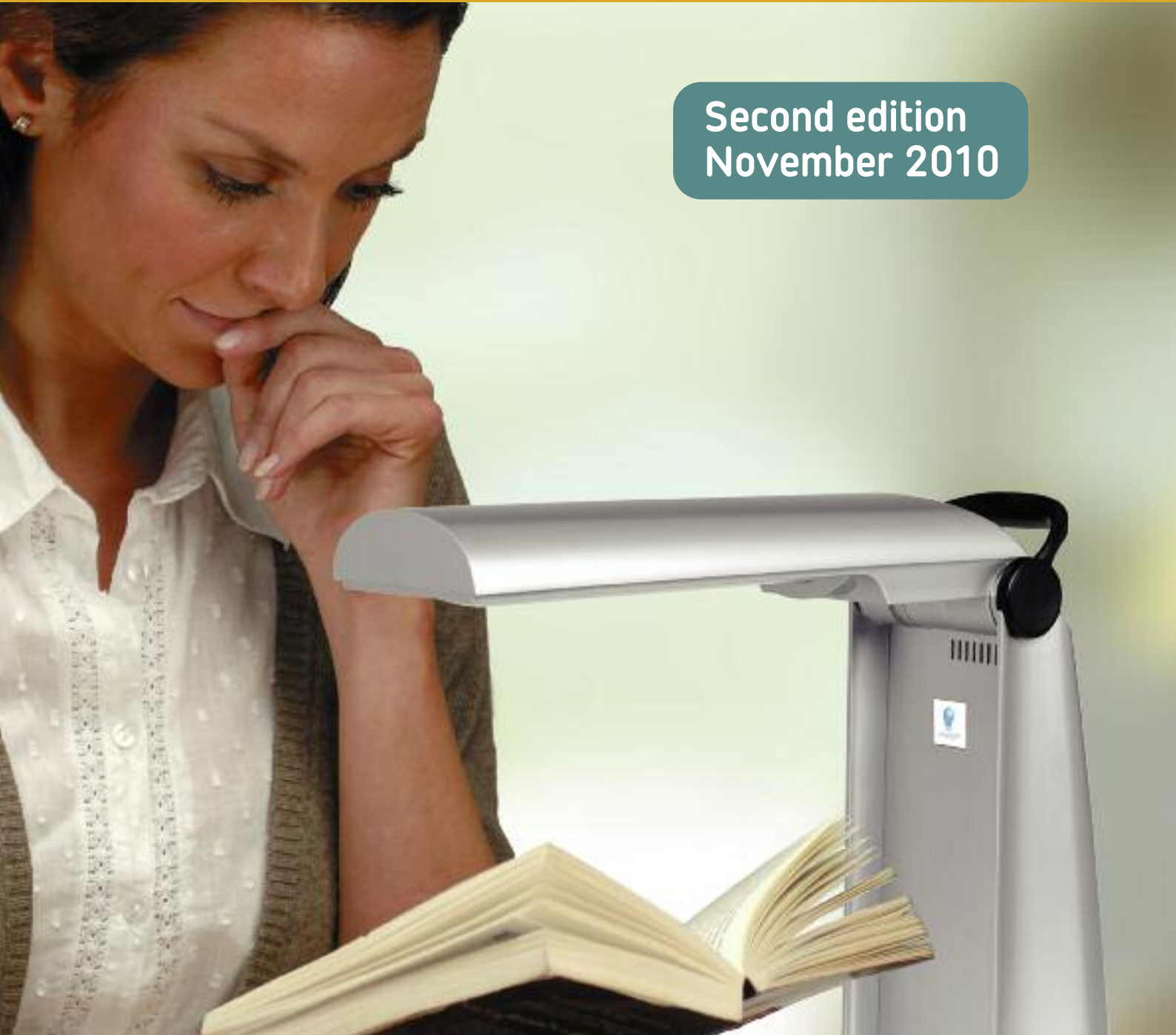


Make the most of your sight
Improve the lighting in your home

RNIB and Thomas Pocklington Trust

Second edition
November 2010



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Introduction

This booklet has been produced by Royal National Institute of Blind People (RNIB) and Thomas Pocklington Trust with support from the Macular Disease Society, Visionary and VISION2020 UK. It is aimed at individuals who are blind or partially sighted, family members and anyone who would benefit from knowing how improving lighting can make a difference.

The guide aims to demonstrate good lighting practice by giving ideas, hints and tips on how to light your home more effectively with the different types of household and task lighting that are available and their benefits.

RNIB supports blind and partially sighted people and is the UK's leading charity offering information, support and advice to anyone with a sight problem. We specially select, source and develop products that help blind and partially sighted children and adults live independently.

Thomas Pocklington Trust is a leading provider of housing, care and support services for people with sight loss and a major funder of research and development including guidance on housing design and lighting at home.

Contact details are listed at the end of this publication.

Why is lighting important?

Everyone needs good levels of light and as we get older we all need more. Light entering the eye is focused on the retina at the back of the eye, which transmits the visual signal to the brain. As your eye ages, less light reaches the retina. Most people aged 60 need three times more light than when they were 20.

While most people with sight loss need and benefit from enhanced lighting, there are, however, some eye conditions that cause people to experience glare problems in normal lighting levels, which could be uncomfortable or even intolerable for them.

Light entering an older eye is also more “scattered”, which can make objects more difficult to see because contrast is reduced. For example, the edges of steps may be hard to see, and colours may not be as clear as they used to be. Some eye conditions can make this scattering worse.

Sometimes your eyes need more time to adapt to varying light levels within your home. Some people find when they go from a bright room to a dark room it may take several minutes for their eyes to adjust to the new light levels. Having consistent, even and controllable light levels throughout your home is important. It can be more comfortable and will allow people to move around safely.

Poor vision is one of the major risk factors of falls in older people and good lighting in your home can help reduce the risk. The areas of your home where accidents occur most commonly are in the kitchen and on the stairs. Improving lighting reduces the risk of trips and falls.

Different types of lighting

General lighting

General lighting provides background lighting to the room. It enables people to see the size and shape of the room and the main objects within it, helping them to move around safely. General lighting should give a reasonably even illumination within a space, avoiding shadows and dark areas. Lighting levels should be similar in adjacent rooms to avoid adaptation difficulties when moving from bright areas into significantly darker ones or vice versa.

General lighting can be provided by electric lighting, usually from ceiling or wall lights, or natural daylight. It is important for you to consider the light needed for both day and night time and to balance electric lighting and natural light.

Task lighting

Task lighting directs light where it is needed for detailed activities. Even with the best general lighting fitted in your home, the amount of light available may still be inadequate to enable you to see close-up detailed tasks such as reading, writing, preparing food and continuing with hobbies such as knitting or sewing. Reading in poor or dim lighting levels will not damage your eyes, but it will be more difficult and tiring. Increasing the amount of light on the task will make it easier to see and less tiring to do.

Task lighting is often provided at short distances, for example two or three feet or less, from the task. A task light two feet from a book will give you 25 times more light than a ceiling mounted light that is 10 feet away. Task lighting is usually provided by electric lighting, either from a portable task light or from fixed lighting, for instance, under kitchen cupboards.



Natural daylight

Making the most of natural daylight will help improve the general light in your home during the day. Light through a window may need to be controlled by using blinds to stop bright light and glare, for instance from direct sunlight. Blinds with horizontal or vertical slats allow the amount and direction of light entering a room to be controlled.

Windows and net curtains should be kept as clean as possible. When you have them open, your curtains should hang clear of the window so they do not obstruct the incoming daylight. White windowsills and frames are more effective in reflecting natural light into a room. Natural lighting varies depending on weather conditions, time of day and distance from the window and needs to be supplemented by electric lighting.

Electric lighting

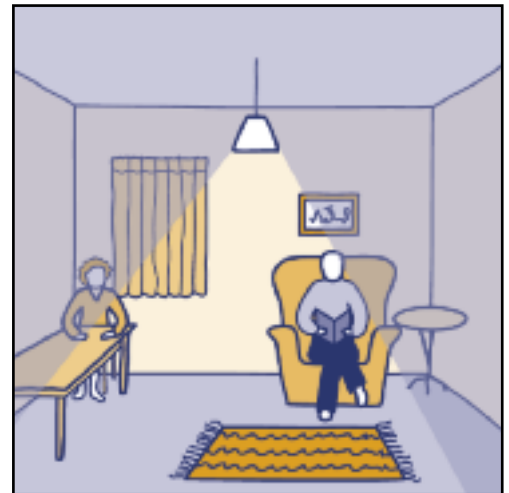
Electric lighting should be chosen to provide an adequate amount of light in the space as well as an appropriate appearance. This will influence the choice of ceiling or wall-mounted lights, the bulbs, the lampshades, and how many lights are needed in a room.

To improve and increase the amount of light in a room, it is quite tempting just to fit a stronger light bulb into an existing light fitting. This may not be the best or safest option as many light fittings and lampshades are not suitable for more powerful bulbs. Increasing the number of individual lights within the room will produce a more even spread of light and can be done by adding lights on tables or taller lights standing on the floor. Floor standing uplights, for example, bounce light off the ceiling which can light up a dark corner.

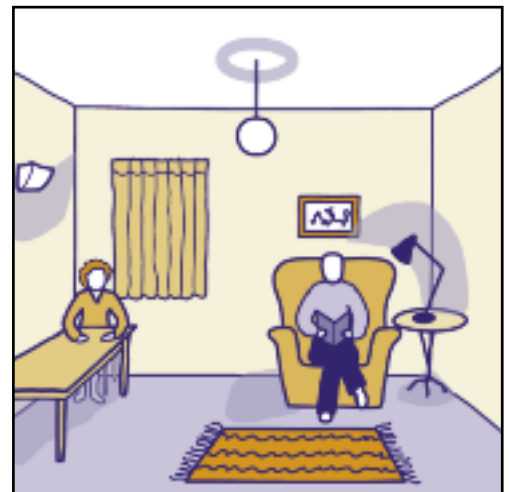
Surfaces and contrast

Increasing contrast between different room surfaces, such as floor and walls, can make orientation easier. Contrast between a surface and fixtures on that surface, such as sockets or handles, can make them easier to locate. For example, in a kitchen:

- good tonal contrast between surfaces
- contrast between floor and cupboards can help orientation
- contrast between the worktop and the wall behind it helps when placing objects on the top
- contrast between the wall and the electrical switches and sockets can make them easier to locate
- contrasting handles on cupboards and drawers are also helpful.



Poor lighting



Good lighting



Recommendations for lighting your home

Kitchen

Fluorescent strip lights fitted to the ceiling will provide high levels of general lighting and are available in different lengths. Diffusers should be fitted to strip lights. When a person is working at a surface they could cause shadows; by adding under-cupboard lights the shadowing on the work surface is eliminated making it a brighter, safer place to work.



Under-unit lighting can be provided by miniature fluorescent fittings mounted close behind an opaque pelmet to prevent glare from a direct view of the lamps. It can often be plugged into an electric mains socket, not requiring any changes to electrical wiring. Lights over the hob, for example as part of a cooker hood, can help you see the contents of pans.

Task lights can provide additional light. Rechargeable portable task lights are good for use in the kitchen as there are no trailing wires to trip over.

Hallway and stairs

For safety reasons this is one of the most important areas in your home. Lighting at the head and foot of stairs and on landings can reduce the risk of trips and falls. Use halogen bulbs or fluorescent tubes that reach full brightness immediately. Avoid using energy saving bulbs that take time to warm up.



Consider carefully the colour and contrast of carpets and flooring to be used as heavily patterned carpets can cause visual confusion when trying to see the edge of stairs.

Miniature fluorescent lights can be mounted in hall cupboards behind an opaque pelmet under shelves to make finding items easier. This can be particularly helpful when choosing coats or other hanging clothes.

Lounge

Lighting should be flexible and easily controlled, with a combination of ceiling, wall and task lights. Aim for an even distribution of light. Use round diffusing shades on ceiling lights and avoid lampshades and spotlights that expose bulbs. Task lights, like floor and desk lights, can be used for extra lighting especially while reading or carrying out specific tasks. Free standing uprights can brighten a dark corner.



Bathroom

Good general lighting to achieve an even lighting level over the whole room can be provided by one or two fluorescent ceiling lights, typically circular or square, with a good diffuser to minimise glare and provide protection against moisture. All bathroom lights should have protected fittings appropriate for the moist environment in a bathroom. Small fluorescent lights above the mirror, or to either side of it, should also be fully enclosed.

If lights are switched on using a pull cord, this should contrast against its background, making it easier to see. Whilst an electrician would be required to fit and install additional lighting in the bathroom, the benefit is that you would have good lighting at all times.

For the bathroom or bedroom, there are mirrors with built-in lighting available. These can be either freestanding magnifying shaving or beauty mirrors, or wall mirrors which may need wiring into the electricity supply.

Bedrooms

Good general lighting from ceiling fittings can be supplemented by table lamps or task lights for reading in bed or taking medication. Lighting in wardrobes, controlled by a simple push-button can make choosing matching clothes easier.



Choosing general light fittings

The choice of light fitting or lampshade affects the amount and direction of light. Ceiling lights are normally the main light source for most rooms in the home. These light fittings are mounted on the ceiling, often centrally, but two fittings or more may be used in a larger room. There are large ranges of fittings, bulbs and light shades available.

Ceiling lights

Angle and cylindrical shades

These are the most common types of shade available. They are open at the bottom to project light out and downwards. The bulb is generally visible which may cause glare. Lighter coloured shades will reflect light better than a dark coloured shade. There is a wide range of shade designs available. Some do not have the bulb visible and therefore glare is reduced. Angle shades fitted upside down are known as uplighters: these eliminate glare by projecting light on to the ceiling, which reflects the light into the room. They need a white or very light coloured ceiling to be effective.



Round shades

Round or 'ball' type shades are often made of paper and are popular, cheap to buy and easy to fit. They cover the whole bulb which diffuses the light, providing an even distribution of light, without any glare. Using a round shade is often more effective and comfortable than an angle shade.



Multi-arm pendant light

This fitting hangs from the ceiling with a number of bulbs fitted with glass shades. Use of opal or frosted glass hides the bulbs and cuts down glare so that light is then spread evenly around the room.

Fluorescent lights

These lights are generally known as strip lights and used in kitchens. Strip lights are generally ceiling mounted lights that use fluorescent tubes and provide high levels of even light. Most strip lights come supplied with a diffuser cover which fits over the tubes and it is recommended that the diffuser is always used to control glare and regularly cleaned. Fluorescent lights are also available as smaller round or square fittings using compact fluorescent lamps and are suitable for hallways and bathrooms.



Spot lights

These provide directional light onto a specific area, but can produce very bright 'pools' of light that many people find problematic. They can be fitted on the ceiling and used for some task lighting purposes but are usually not sufficient alone for general lighting.

Wall lights

These fittings are lower and closer to the eye and can cause glare, especially when they have clear glass shades. It is best to choose a wall light that reflects light up and out across the wall and ceiling rather than directly into the room, ideally with a solid shade or cover to hide the light bulb. Positioning on the wall is also important as you should not be able to see the bulb directly.



Practical hints for general lighting

Improving the lighting in your home does not have to be a big or expensive job, you can easily add additional lights plugged into existing electrical sockets.

Making small changes to light fittings by using existing electrical wiring can be cost effective and offers flexibility to try out different combinations of lighting.

- make the most of daylight by keeping windows and net curtains clean, keep curtains back from windows to let the most light through
- make sure window surrounds are painted white or a light colour to reflect natural light into the room
- blinds, particularly those with vertical slats, can help control the amount and direction of daylight coming into the room
- a good, even distribution of light throughout your home is essential. Avoid shadows, dark corners and 'pools' of light that can cause difficulties
- the best way to make a room brighter is to illuminate the ceiling and top half of the walls
- try to keep ceilings white and walls a light colour as this will help reflect light around the room, giving more even lighting
- light coloured lamp shades provide more general light around the room than dark coloured shades
- avoid lamp shades that allow people to look directly at the bulb
- use a round shade as they spread light evenly, without producing a glare problem
- use switches and dimmers to control the amount of light
- wall lights should have a solid shade or cover to reduce glare from the light bulb.



Different types of light bulbs

A range of light bulbs (referred to as lamps by lighting professionals) are used in both general and task lights. Different bulbs will give different types of light and effects.

Tungsten or GLS bulbs

These bulbs are being phased out and are very inefficient. They are also known as household bulbs or old style light bulbs, and are used in both general and task lighting. Light is produced by heating a tungsten filament.



Tungsten or GLS bulbs

Advantages

- cheap to buy
- once switched on give instant full light output
- dimmable with a dimmer switch.

Disadvantages

- produce a lot of heat and can be uncomfortable
- short life
- not energy efficient and more expensive to run
- are being phased out and will become increasingly difficult to buy.

Fluorescent tubes

Fluorescent tubes have been used in ceiling lights for many years, especially in the kitchen. Light is produced by an electrical discharge within the tube. The lamp requires separate control gear which is incorporated within the light fitting. Fluorescent tubes come in a variety of white colours from warm yellow white to cool blue white.



Fluorescent tubes

Advantages

- around five times more efficient than a tungsten bulb and cheaper to run
- do not get very hot
- last around eight times longer than a tungsten bulb.

Disadvantages

- needs specialist and expensive dimming switches to be able to adjust light levels.

Energy saving bulbs

(these bulbs are replacing tungsten bulbs)

Energy saving bulbs are essentially fluorescent tubes bent into different shapes to make them more compact; they are also known as compact fluorescent lamps (CFL).

Bulbs with bayonet or screw caps, where the control gear is included within the bulb, are a direct replacement for traditional tungsten bulbs. Because they are much more efficient, choosing an appropriate CFL can give increased light and save energy and cost. They are available in a variety of shapes, including sticks, spirals, and globes, as well as traditional lamp shapes where the fluorescent tube is covered by an outer envelope. They come in a variety of white colours from warm yellow white to cool blue white.

Energy saving bulbs take a short time after initial switch on to reach full brightness. If this time is significant, as it was for some earlier bulbs, it could make them unsuitable for use where instant full light is needed, such as in halls or stairs. Higher quality CFL energy saving bulbs are available that warm up more quickly to their full brightness and these should be specified. However, they may be more expensive. As technology improves and changes, some of the issues with energy saving bulbs may be resolved and it is worth checking on the RNIB and Pocklington websites for the latest guidance.

There are many light bulbs available on the market at different prices. RNIB have added a small range of energy efficient bulbs to the range of lighting and these specific bulbs warm up quickly and offer a bright light.



There are some important measurements for bulbs that you need to consider:

- lumens are a measurement of how bright a bulb is - the higher the lumens the brighter the light output
- watts define how much power the light bulb is using, not how bright the light is
- some CFLs where the tube is not contained within an outer envelope have been found to emit small amounts of UV; close exposure (nearer than 30cm or one foot) for longer than one hour per day to these may be similar to being outside in summer sunshine.

Energy saving bulbs

Advantages

- around five times more efficient than a tungsten bulb
- do not get very hot
- generally have a life expectancy of at least eight times longer than a tungsten bulb – 8,000 hours or more.

Disadvantages

- most are not dimmable with conventional household dimmer switches
- once switched on they may take a short time to reach full brightness.

Halogen bulbs

These bulbs produce a bright 'white' light. They are more efficient than tungsten bulbs, but less efficient than fluorescent tubes or energy saving bulbs. They give instant light, can be dimmed by using a dimmer switch and last twice as long as tungsten bulbs. The most common halogen bulbs are small and used in spotlights, but recently halogen bulbs that look like the familiar clear tungsten bulb have been introduced. These can be used as a more efficient replacement for tungsten bulbs and are suitable for places where instant full light is needed.



Halogen bulbs

Advantages

- dimmable with a dimmer switch
- once switched on they give instant full light output
- more efficient than a tungsten bulb and cheaper to run
- will last around twice as long as a tungsten bulb.

Disadvantages

- not as energy efficient as fluorescent or energy saving bulbs and therefore more expensive to run
- produce a lot of heat and can be uncomfortable, especially when used in task lights.

LED

Light emitting diode (LED) or solid state lighting is the technology of the future. New developments are being introduced all the time. LEDs commonly produce light with a blue/white appearance. They are cheap to run and will last much longer than other types of bulbs. They are now being used widely in new cars, in torches and some task lights. Light fittings using LEDs are being developed for household use, but can still be quite expensive.



Different task lights

Your choice of task light will depend on what you are doing, the level of light required and where the task is located. Task lights come in different styles using several types of light sources, for example fluorescent and halogen. The cost of task lights can vary depending on the type, but generally they are not too expensive.

Adjustable task lights

These lights use compact fluorescent bulbs (CFLs) that produce a good 'white' light and do not get hot. Used in the correct position they will provide good light distribution onto a page or a task. They have arms and shades that are adjustable into the required position. The light head is also movable and can be easily positioned as needed. Some task lights have heavier base weights to provide extra stability. Smaller task lights may be easier to use, as they are not as heavy and therefore easier to move around your home for different tasks.

In most adjustable task lights, a CFL fluorescent bulb is fitted as standard.

However, there are different CFL bulbs available that will give out different brightness levels and have different colour appearances from a warm yellow white to a cool blue ('daylight') white. It is important to identify the light and bulb that is best suited to your needs.

Desk lights

These can be easily adjusted to use at a table or desk to give high levels of light for a specific task and are available in various designs. Most desk lights are supplied with small fluorescent bulbs, typically 11 watt or 18 watt. They are relatively cool when in use. Desk lights fitted with tungsten halogen bulbs can become very hot and are less satisfactory for close work.

Larger ones have flexible arms, similar to the Daylight flexi-arm light or spring arms like the Daylight table light which is available in white or black finish. The arms can easily bend into position to direct the light to where it is needed most. Both come with Daylight energy efficient bulbs.



Daylight flexible light



Daylight table light

These type of lights tend to have heavier bases to stand directly on a desk or table for increased stability and care needs to be taken when moving them.

They may be also be fitted with clamp bases for attaching to the edge of a table. The Clip-on flexilight has a spring clamp base that attaches easily onto a desk and has a flexible arm so you can angle the low-heat Daylight light where you need it. The lamp comes with a soft 11 watt Daylight energy saving bulb with similar light output to a 60 watt tungsten bulb.

Smaller, lighter desk lights can be used on a dressing table or bedside table and have flexible arms for positioning the light where needed. Desk lights are available in various colours and finishes.

The black OTTLite table light is lightweight, with a flexible arm and a tilting shade. The metallic-finish effect desk light has a flexi-arm with a contrasting black on/off button on the base.

Floor standing lights

These can be placed next to a chair or table for reading, writing or crafts. Some may be adjustable in height.

Floor standing task lights generally have flexible heads so that the light can be directed onto the task where it is needed. With some lights, the light can be directed upwards onto the ceiling, turning the light into an uplighter as well, similar to the flexi-vision floor light.

Floor standing lights are available in various colours and finishes. The white floor standing light has a flexible arm and a small magnifier. Both lights are fitted with fluorescent bulbs that will not get too hot. They are more efficient and cheaper to run than those with tungsten halogen bulbs.



Clip-on flexilight



Lightweight table light



Flexi-vision floor light



White floor standing light

Practical hints on desk and floor adjustable task lights

- a longer, horizontal bulb provides a good spread of light and is ideal for tasks, such as reading, which may take some time
- an adjustable task light should be placed on a desk or table with the light shining directly onto the task, positioned below eye level between you and what you are doing, as illustrated on the front cover of this booklet
- the amount of illumination on an object increases fourfold if the distance between the lamp and the object is halved. Remember to keep some background lighting on as well as it will help prevent eye strain
- task lights are easy to use and very flexible, enabling light to be positioned to suit individual needs. Ensure the light is below eye level to avoid glare
- be aware of heavy bases – a bracket fitted to a table may be a more practical and safer option
- a floor standing adjustable task light is recommended for armchair tasks such as reading
- if you sit with your back to the window during daylight hours, natural light will shine over your shoulder onto what you are doing
- be mindful of trailing wires to minimise any potential trips or falls.

Portable task lights

A portable task light makes it easier to use one light for many tasks around your home, such as reading a book in a comfortable armchair or in bed, sewing at a table or preparing food in the kitchen. There are many options for portable task lights, depending on the features that are most important.

Generally, portable task lights have 13 watt CFL fluorescent bulbs fitted which are low heat bulbs. This means the lights are safer and cooler to touch. Some turn on and off automatically when the shade is opened, like the white OTTLite portable rechargeable light and the silver-coloured Daylight portable rechargeable light. These two lights once fully charged run up to 3.5 hours on batteries and are preferable to use in the kitchen if you need extra light as there are no trailing wires.



OTTLite portable rechargeable



Daylight portable rechargeable

Most portable lights fold neatly away and may incorporate a carrying handle, making them easier to move around. The Twist portable mains operated lights are not only compact but offer flexibility with shades that twist to shine light where you need it most.

If you want a basic mains operated portable light that offers a good light source, the OTTLite task light is an option.

All these portable lights are supplied with an energy efficient bulb that lasts up to 10,000 hours.

Practical hints for portable lights

- easy to set up and use
- lightweight, easy to carry around your home, school or workplace
- a portable task light with rechargeable batteries can be used without having to plug into an electric mains socket, which reduces the chances of tripping over trailing wires
- a protective carry case is available with some models.

LED lights

A wider range of small, battery-powered lights using light emitting diodes (LEDs) are also readily available from high street stockists as well as RNIB. They have a long life and low energy consumption. Most give relatively low amounts of light and are therefore suitable to light up small dark areas, such as inside a cupboard. The LED cupboard lights are easy to operate – simply press the surface to switch on or off.

For short-term use, LED task and book lights are available. The OTTLite LED portable desk lamp light is a small lightweight desk lamp light which can either be used with batteries or mains. It is fitted with 30 LED bulbs which offer a bright focused light.



Twist portable light



OTTLite task light



LED cupboard light



OTTLite LED portable light

Practical hints for LED lights

- bulbs last longer but may take more power so if battery operated they tend to drain batteries quicker
- the LED bulbs do not get hot
- for short-term use where focused lighting is important LED lights are useful
- for longer-term use, a fluorescent desk or floor light is recommended

Book lights

Book lights tend to be small battery operated lights that clip onto a book or have built-in stands and are usually fitted with an LED bulb. They offer a good source of light on a specific page but should be used for short periods only.

Book lights are also useful when you are out and about as they are discreet enough to use in a restaurant when reading the menu or reading labels on food items while out shopping.

There is a wide choice available to suit many different requirements and it is down to personal choice.

Practical hints for using book lights

- book lights are not ideal for everyone as the light may not be bright enough
- ideal for short term use. For longer usage while reading, a desk or portable light may be more beneficial

Reading stands with built-in lighting may also be useful, as the light is part of the reading stand. The Bookstand with LED light is available in black or white finish. These bookstands combine a sturdy reading platform with a bright LED tube light to illuminate your page whilst keeping your hands free.



Tiny bright LED book light



LED OTTLite portable book light



Bookstand LED light

Where to get additional lighting information, advice and support

There are a variety of places you can go to for advice and information on sight loss and making the most of lighting.

Low Vision Services

These services will help people make the most of their vision. Specialist low vision practitioners assess vision and can provide any magnifiers on the NHS to meet specific needs such as reading and watching TV.

Low Vision Services may be based in a local hospital, located in opticians' practices or offered from a resource centre run by the local society for the visually impaired. Low Vision Services can provide advice and information on how to use general and task lighting, but they don't issue lighting equipment.

To find out how to get an assessment at a low vision service, contact either a local hospital eye department, a GP, Social Services (the visual/sensory impairment team), or the local society for visually impaired people.

Directgov

If you have access to the internet visit Directgov, the official government website for citizens. It's the easy way to access public services and information delivered by the UK government.

Website **direct.gov.uk**

Social Services

Many Social Services have a visual (or sensory) impairment team, who provide a range of services to help people with sight problems. Social Services employ specialist staff such as Rehabilitation Officers or workers who can provide support with more specific advice and information on lighting. Occupational Therapists in Social Service departments may also be able to provide some general advice on lighting.

Contact your local council and ask for a visual impairment assessment for lighting from the local Social Services department, or a GP can make a referral.

Local societies for visually impaired people

A network of local societies and associations throughout the UK provide local services such as eyecare, product advice and training. They may be able to provide advice and information on lighting. To find a local society contact Visionary.

Visionary is the new name of the National Association of Local Societies for Visually Impaired People (NALSVI). Our purpose is to support local sight loss charities in enabling blind and partially sighted people to achieve their full potential as independent citizens, and to influence and work in partnership with others to improve the quality of life for visually impaired people.



Telephone **01777 70 52 99**

Email **sue.ferguson@visionary.org.uk**

Website **visionary.org.uk**

Visionary, PO Box 178, Retford, DN22 1DL

Further help

You could get help with paying for lighting adaptation. There may be grants and funding available from your local council that can help you cover the cost of lighting adaptations in your home. Rehabilitation Officers or Occupational Therapists in Social Services would be able to assess lighting needs and advise on what's available.

Contact your local Social Services for further details.

Macular Disease Society

The Macular Disease Society is the only UK Charity dedicated to helping people with MD; founded in 1987 we have 16,000 members and over 200 local support groups across the UK. We provide support services including a helpline and counselling service, a wide range of publications and a popular website. We also campaign for access to treatments and services.



Helpline **0845 241 2041**

Website **maculardisease.org.uk**

VISION2020 UK

VISION2020 UK is an umbrella organisation which facilitates greater collaboration and co-operation between organisations within the UK, which focus on vision impairment and operate on a national, regional or international basis. VISION2020 UK brings together key organisations from health, social care and the not-for-profit sectors in support of the UK Vision Strategy. For further information please go to vision2020uk.org.uk or contact Mike Brace CBE on **01708 45 68 32** or email **m.brace@vision2020uk.org.uk**



Eyecare

Looking after your vision is very important. Having regular sight tests at the opticians, wearing the correct spectacles and using effective lighting will help you make the most of your sight. A recent project found that a substantial number of people over 65 years of age, attending A&E departments after a fall, had sight loss that could have been improved if they were wearing correct spectacles.

Having an eye test at least once every two years should be part of everyone's health routine. Many causes of sight loss can be prevented or reduced if they are caught early by visiting an optician. You can find out more about what happens when you have an eye test by visiting RNIB's website, rnib.org.uk

Working in partnership

This guide has been published by RNIB and Thomas Pocklington Trust, who would like to acknowledge the contribution made by Andy Fisher, Focal Point UK.

RNIB

As well as supplying the task lights and bulbs highlighted in this guide, RNIB offer an extensive range of products and publications supporting people with sight problems to live independent lives and learn new skills.

Telephone **0303 123 9999**

Email **helpline@rnib.org.uk**

Website **rnib.org.uk**

Shop **rnib.org.uk/shop**

RNIB Helpline, PO Box 173, Peterborough
PE2 6WS



Thomas Pocklington Trust

Is an independent charity and does not endorse particular products or suppliers.

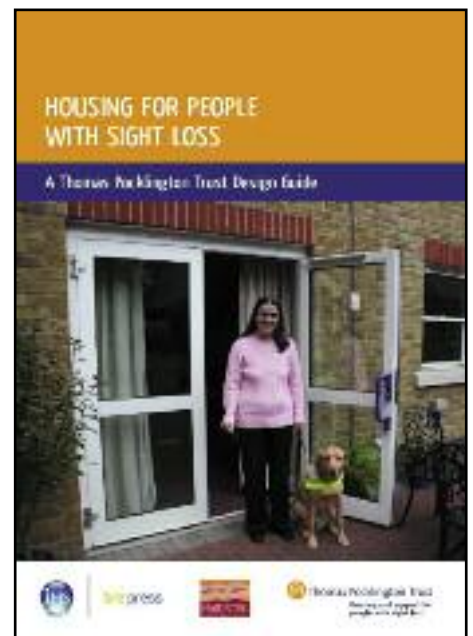
As well as providing housing, care and support services for people with sight loss we have a wide range of information on: lighting and housing design, specialist consultancy and training for key professionals, including occupational therapists and rehabilitation workers. We also have a range of research publications and good practice guidelines on our website to download free.

Telephone **020 8995 0880**

Email **info@pocklington-trust.org.uk**

Website **pocklington-trust.org.uk**

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London W4 4JQ



Make the most of your sight

Improve the lighting in your home

Produced by Royal National Institute of Blind People (RNIB) and Thomas Pocklington Trust, and endorsed by Macular Disease Society, Visionary and VISION2020 UK. This booklet demonstrates good lighting practice. It provides ideas, hints and tips on how to light your home more effectively and shows the different types of household and task lighting that are available and their benefits.

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