Hadley

Low Vision

Let’s Talk Lighting Sample

You're making yourself a little afternoon snack, sliced apples and cheese. You pick up the apple and start slicing a pair. That's right. A dimly lit room can make things a little tricky for those of us with low vision, but it doesn't have to be that way. Good lighting can make a lot of things a lot easier to see and do, and choosing the best type of lighting and placement can make all the difference.

So let's talk first about area lighting, things like ceiling, table and floor lamps. Adding this type of lighting is a great way to brighten up any area you're in or just moving through. Well placed, these lights can help you distinguish furniture and objects in the room from the walls and the doorways. If you've got a dark corner in a room like a bedroom, a lamp placed in that corner will keep the room brighter and more evenly lit. You can also light up hallways to avoid the eye strain and difficulty of adjusting from dim to brightly lit areas.

Ed Haines: Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure.

Of course, if you'd prefer to talk through these questions, we're just a phone call away at (800) 323-4238. Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?