Hadley

Sewing

Useful Sewing Tips Sample

When a button pops off your favorite shirt, or that pair of pants you just got is a little longer than your legs, don't let vision loss get in the way. You can continue to make quick fixes by mending and sewing, if you just follow along with these helpful tips. You may even have a little fun.

First of all, good lighting is important for anything you do with low vision. So, use an adjustable lamp to brighten your work area. Some lamps even have a magnifying lens attached to them. There are also magnifiers that come on a chain that rest against your chest to keep your hands free. And, there are small adjustable lights you can attach to your sewing machine that shine light right on the needle. Have a look at our resource section for more information about that.

Don’t underestimate your sense of touch either. If your eyes get tired from the magnifier, use your fingertips to guide the needle and check your stitching.

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 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?