

Handwriting and Notetaking

- There are all kinds of lined paper. Some even have raised lines you can feel, although these may not work well if you have diabetes, as this can affect the sense of touch.
- When sending greeting cards to friends, children, or grandchildren, try using an envelope writing guide. This can help you write addresses so that they are level or horizontal, not slanting upwards or downwards.
- Use a check writing guide when filling out checks. The check writing guide fits standard-sized checks and can help with staying within the lines.
- If you have difficulty seeing contacts in your address book, you or someone in your life can make one on the computer. Choose how you want the letters to look and decide exactly what size makes them easy to read. Make the sections to suit your personal needs. Also, large print address books are available. See the resource list for other information.
- A dry erase board can give you a larger writing space. You can write bigger print according to your needs.

continued...

- A notetaking app on a smart device can be helpful for creating short notes.
- A voice assistant on a smart device lets you use voice commands to create short notes.
- Many pamphlets are in small print. If possible, have several types of magnifiers. Use a video magnifier for long documents, a handheld magnifier for shorter documents, and your tablet or smartphone for recipe cards. Tablets and smartphones come with a built-in screen magnifier and a screen reader that can read text to you. See Hadley's assistive technology workshops on using the built-in magnifier or screen reader on your smartphone.
- With vision loss, it can be hard to see handwriting and make yours readable. When you go to the doctor and want to remember everything said, a voice recorder is very handy. It's small enough to fit in a purse or pocket, and it holds hours of information. You can also use a voice recorder app on your smartphone to record voice memos.
- Use a reminder app on a smart device to set alarms. This can help with taking medications at specific times, for example.
- A large print calendar may help track appointments. Or, use a calendar app on a smart device to create calendar events for appointments, and have an alert sent to your device.