

Nonvisual Contrast

Contrast by Touch and Sound

Texture can help identify objects and locations. If possible, vary the types of flooring in your home or apartment. Some rooms may be carpeted and others hardwood floor, tile, or linoleum. Use nonslip hallway runners whose texture contrasts with the floor. Feeling the different textures of flooring underfoot can help you locate where you are.

Notice different shapes—buy spices in containers that have varied shapes and sizes.

When pouring coffee, contrast the weight of an empty cup with one full of coffee.

Turning on a radio may help you locate a particular room. For example, the sound of the symphony playing in the kitchen contrasts with the silence in the living room.

A talking, pocket-sized color identifier helps detect basic colors and many shades. Some color identifiers include a light probe. If you have a smartphone, you can purchase an inexpensive color identifier app that uses the phone's camera. If you are DeafBlind, some color identifiers and smartphones can connect to other devices for braille output. [See the resource list for more information.](#)