

Using Lighting Clues

Light Perception

Being blind does not mean total blindness. You may be able to see light and shadows, but not clearly. This is called light perception. For instance, when you're outdoors, you may be able to see the shadow of a tall object, if you're close enough. This can let you know to walk around it!

Light perception helps you know the difference between light and dark.

You can use lights as marks or placeholders for navigating around your home or the environment. To help with navigating indoors, turn off the lights during the day and use natural light from windows.

On sunny days, wear dark sunglasses to help with light sensitivity. When outdoors at night, you may be able to see car headlights, houselights, or streetlights and know in which direction the light is coming from.

Use light probes, also known as light detectors or sensors, to let you know if a light is bright or dim, and if it is natural or artificial. Both talking and vibrating models exist, so if you are DeafBlind, you can benefit from these probes, too. Some probes have a tip for detecting the on-off lights of electronic devices and appliances.