Hadley

Clothes

Doing Your Laundry Sample

Adding just a few steps to your routine can help you with household chores…no matter your level of vision. Here are a few tips that can make sorting and washing clothes a little easier.

The first thing you can do is make sure your laundry room has good lighting. It will not only help you see things easier but also helps identify colors. See our resource list in this workshop for lighting options.

Be sure to read the manufacturer’s label for cleaning instructions. And if they’re hard to read, use a handheld magnifier.

Use a basket that has two different sections. Or, two baskets or bags so you can put light clothes in one and dark clothes in the other. And if your baskets are a different height or size, that can also help you know which one has lights or darks. If you’re having difficulty identifying light from dark, check out Hadley’s clothing organization workshops for helpful tips and tricks.

(Narrator): Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your email address, name, 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 are 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 the Hadley team. So now is your chance to sign up and join us.