

# Devon in Sight Managing at Home Fact Sheet 8

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## Lighting around the Home

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### Lighting around the home

**Most people with sight loss need and benefit from enhanced lighting, and good lighting can allow you to make the most of your sight.**

Everyone needs good levels of light and as we get older we need more. Did you know, by the time you are aged 60 you are likely to require three times more light than when you were aged 20?

Improving the lighting in your home doesn't require a lot of difficult or complicated adaptations. Often, lighting can be improved by:

- Plugging a table, desk or floor light into existing sockets
- Fitting bulbs that give more light
- Changing shades and fittings to increase light levels or change the direction of light to reflect from white surfaces
- Fitting shades that don't shield light.

### Task Lighting

By halving the distance between the light and the page it gives you 4 times the light and therefore Task Lighting is essential for people who are partially sighted.

Task lighting comes in a multitude of sizes and types. A range of fittings and lamps (bulbs) can support different types of illumination to suit different eye conditions and preferences.

Fixed task lighting includes wall, ceiling, cupboard or under-unit lighting that is positioned to target light on an activity.

Fittings should be positioned to target a task and avoid glare. Portable task lighting can be mains or battery powered.

They can be used flexibly, with their direction and position being adjustable, can be tried out with minimum disruption and are often cheaper than fixed lighting.

Key questions to ask when selecting portable task lighting are:

- Is it easy to adjust the fitting to direct light where it is needed?
- Is the on/off switch easy to find and use?
- Does the fitting remain cool when in use?
- Is the stand firm and stable?
- Does the lamp offer appropriate light? (See descriptions above)
- Does it offer added features that are useful?

Some portable task lighting uses rechargeable batteries. The light these give is limited by the power of their battery and it is important to know whether the charger is easy to use. However, LED lamps are increasingly used in portable light sources and due to their low power requirements, battery life can be long.

<https://www.pocklington-trust.org.uk/sector-resources/a-guide-to-better-lighting-for-people-with-visual-impairment/>

## What to do next?

**If you need any further advice call our Helpline: 01392 876 666**

**Devon in Sight is a member of the Helpline Partnership Community.**

## Further Support Available from Devon in Sight

- **Information, Advice and Guidance**
  - **Demonstrations of Low Vision Aids & Daily Living Equipment**
  - **Assistive Technology Solutions - Sight & Sound Technology Partnership**
  - **Our holistic needs assessment (Sight Loss MOT)**
  - **Training for people with central vision loss (Skills for Seeing)**
  - **Emotional Wellbeing Service**
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## Information Disclaimer

**Devon in Sight** is committed to producing Information, Advice & Guidance Resources that are clear, accurate, evidence-based, up-to-date and easy to use. We have a robust information production process based on best practice to ensure that information we produce meets the needs of people who are blind or partially sighted and their family and friends.

**Devon in Sight** is not a medical organisation; therefore we can only provide general information that is not intended to be a substitute for a proper medical assessment. Our information is not intended to be used for individual cases. If you have a specific question about your eye condition, we recommend that you consult an eye care professional.

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Our Information, Advice & Guidance Resources were correct at the time of writing. However, due to research and medical advances, the content may not be completely up to date.

## Devon in Sight Contact Information



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