

Eye Health

New Website For Those Experiencing Vision Loss

(NAPSA)—Adults new to vision loss can take heart. There are ways to stay self-reliant and manage the challenges that come with vision problems by getting support and making changes at home.

Independence and quality of life need not lessen; here are some tips to keep living at home both comfortable and safe:

- Keep rooms well lit. This reduces the chances of tripping over unseen obstacles.
- Use task lighting for reading and other close work, as this reduces eyestrain.
- When eating, set the table by placing plates and utensils on a surface of contrasting color; e.g., a light-colored plate on a dark place mat.
- Eliminate clutter. A good idea, generally; additional open space can improve navigability.
- Use a basket or tray to store and keep track of TV remotes, keys and pill bottles. Always return these items to their “home” when not in use.

Online Support

Vision loss in adult years can have a dramatic effect on emotional well-being, daily life and independence. For the more than 25 million Americans with vision problems, help and resources are available on VisionAware.org, a free, easy-to-use, informational website from the American Foundation for the Blind (AFB) and Reader’s Digest Partners for Sight Foundation.

Visitors to the site will find:

- Information on eye conditions and disorders;
- Breaking news on the latest



There’s an online resource for adults who are learning how to deal with vision loss.

developments in vision loss treatment via the VisionAware blog;

- Directories of helpful services, products and resources;
- Information on coping with vision loss;
- Different ways to connect with others, including message boards and social media channels such as Twitter and Facebook.

The new VisionAware complements AFB’s family of websites, designed to help people with vision loss achieve their full potential.

The American Foundation for the Blind is a national nonprofit that expands possibilities for people with vision loss. Since 1955, Reader’s Digest Partners for Sight Foundation has been a vital source of support on local, regional and national levels for the blind and visually impaired. For more information, visit www.VisionAware.org.