

Make the most of your sight Improve the lighting in your home



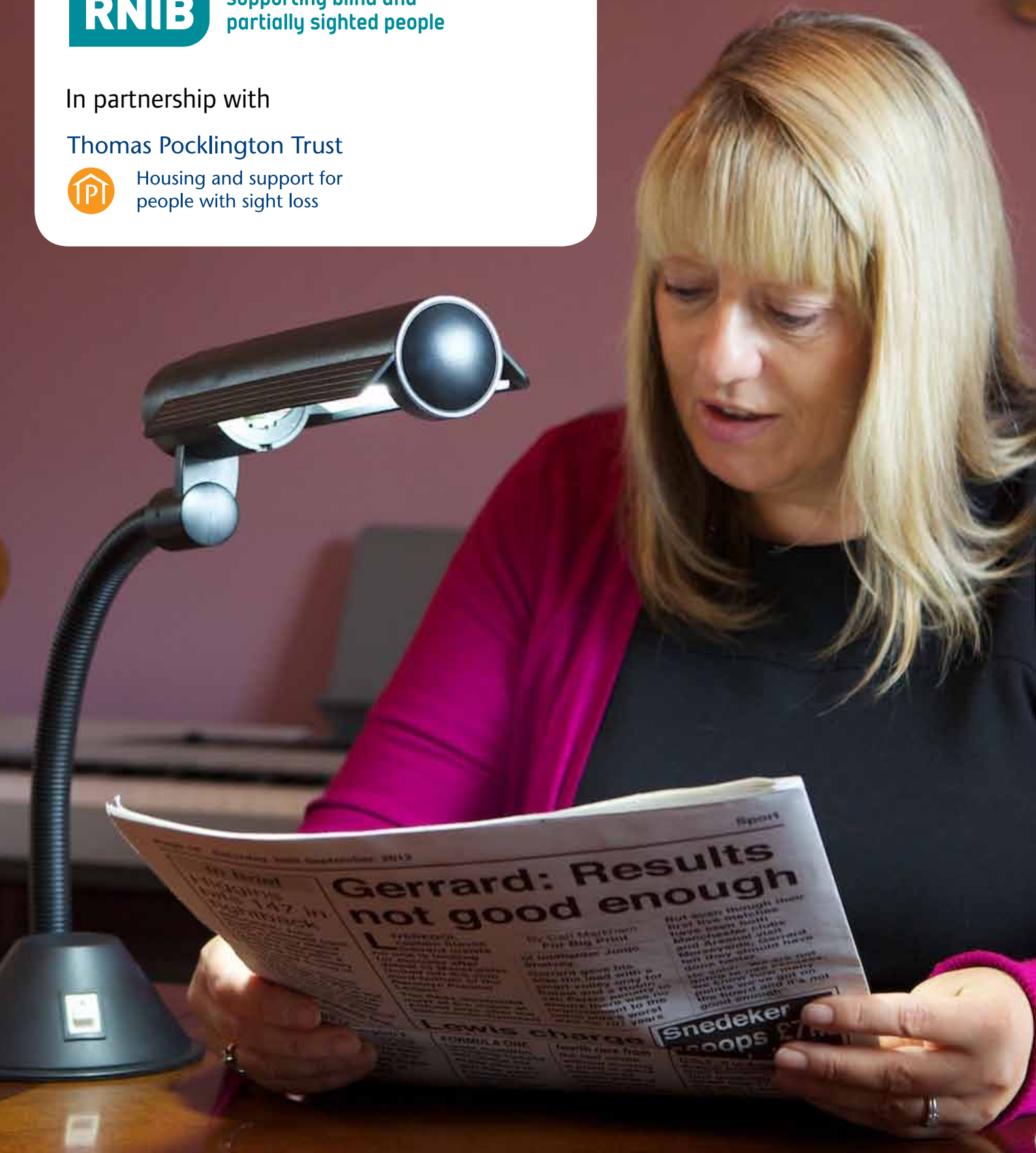
supporting blind and
partially sighted people

In partnership with

Thomas Pocklington Trust



Housing and support for
people with sight loss



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Introduction

This booklet has been produced by Royal National Institute of Blind People (RNIB) and Thomas Pocklington Trust. It explains good practice by giving ideas, hints and tips on how to light your home effectively with different types of household and task lighting, and the potential benefits for people experiencing sight loss. At the end of the guide you will find details of practical help and support available from a range of organisations.

RNIB supports blind and partially sighted people and is the UK's leading charity offering information, support and advice to anyone with a sight problem. Our specialist range of products help blind and partially sighted children and adults live independently. Examples from our lighting range are featured throughout this catalogue with order codes listed in brackets. You can buy these on our Online shop or through our network of shops and resource centres.

Thomas Pocklington Trust is a leading provider of housing and support services for people with sight loss and a major funder of social research about sight loss. Our research findings have informed this booklet and other practical guidance on housing design and lighting in the home.

Eyecare

Looking after your sight is very important. A regular eye examination can identify conditions before you are aware of any symptoms. It can ensure you are wearing the correct spectacles to make the most of your vision, or start the referral process to appropriate treatment. Sight tests are free of charge to some people including those: aged over 60; 19 in full time education; in receipt of certain benefits; who have, or whose relatives have certain health conditions. Some people are eligible for reduced cost or free spectacles via the NHS voucher scheme. If you are unable to visit a high street optometrist, you may be entitled to an eye examination at home. For information on local services ask your GP.



Low vision services

A low vision assessment may be available to you to find out about effective techniques and products that could help with everyday tasks including reading and watching TV. Low vision services may be based in a local hospital or opticians, offered in the community or by a local society for blind and partially sighted people. To find out about local services and how to get an assessment ask your GP, hospital eye department, or Local Authority Sensory team. As well as an assessment you may be eligible for suitable equipment free of charge.

Resource centres

If you would like to try equipment before you buy, or ask questions about products and services, then a resource centre in your area might be able to help. There is a network of centres and mobile demonstration units throughout the UK run by, amongst others, RNIB, Action for Blind People, local charities and community equipment services. Contact RNIB Helpline on **0303 123 9999** to find one close to you.



Why is lighting important?

Everyone needs good levels of light and as we get older these needs increase. Light entering the eye is focused on the retina at the back of the eye, which transmits the visual image to the brain. As your eye ages, less light reaches the retina. Most people aged 60 need three times more light than when they were 20.

Most people with sight loss need and benefit from enhanced lighting. However, some eye conditions cause people to experience glare problems in normal light levels, which could be uncomfortable or even intolerable for them.

Light entering an older eye is more “scattered”, which can make objects more difficult to see because contrast is reduced. For example, the edges of steps may be hard to see, and colours may not be as clear as they used to be. Some eye conditions can make this scattering worse.

Sometimes your eyes need more time to adapt to varying lighting levels within your home. Some people find when they go from a bright room to a dark room it may take several minutes for their eyes to adjust to the new levels. Having consistent, even and controllable lighting levels throughout your home is important.

What difference can better lighting make?

Good lighting can make the most of sight by increasing contrast and clarity, making it easier to carry out everyday tasks. It can help you stay independent, move around your home easily and safely, continue with, or take up hobbies and interests and help you stay involved with life around you.

General lighting should give even illumination, avoiding shadows and dark areas. Brightness levels should be similar in adjacent rooms to avoid your eyes having to adjust when moving between well lit and significantly darker areas.

Good lighting can make your home safer too. Poor lighting on steps and stairs can lead to falls, slips and trips. Simple improvements in the kitchen, especially over work surfaces and cookers, can reduce the risks of cuts, scalds and burns. And in the bathroom, appropriate lighting can make all the difference with personal hygiene and care.

Making changes

None of us like disruption in our homes. The good news is lighting can be improved by simply:

- plugging a table, desk or floor light into existing sockets
- fitting bulbs that give more light (technically called lumens)
- 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 (but do prevent glare).

More work will be needed to fit bathroom lights that are safe in moist and wet areas (such as over showers and near basins) or to increase lighting levels in the ceiling over stairs and steps. But most improvements can be made without affecting decorations or furnishings.

In this booklet we give examples of suitable products available from RNIB, along with their order code. There is also a wide selection available on the high street and from specialist electrical suppliers.

Different types of light

Natural daylight

Daylight is important to us all and making the most of it can improve the environment in our homes, although sometimes it needs to be controlled. It may cause glare if it shines directly into your eyes; window blinds can help control lighting degree and direction.

To make the most of daylight:

- keep windows clean
- keep curtains secured or tied back from windows
- avoid using net curtains as they block light
- use white windowsills and window frames wherever possible, rather than using dark colours, wood or stone.

Daylight levels vary with the weather, time of day, season and distance from the source. It may seem obvious, but it is important to have enough electric light to make up for the times when daylight is limited.

Electric light

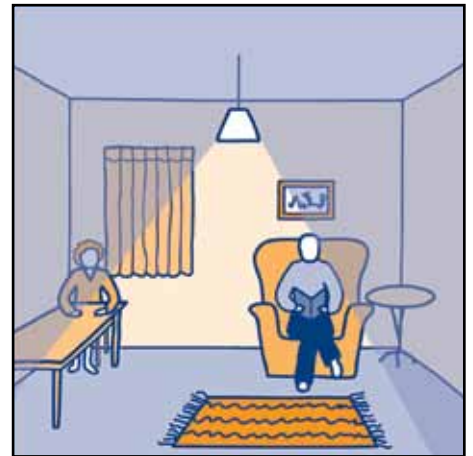
Electric fittings and bulbs should provide an adequate amount of light in a room and look appropriate. They are available in various shapes and designs, using different bulbs and a huge range of shades.

To increase the amount of light in a room it is quite tempting just to fit a stronger bulb into an existing fitting. This is one option, but may not be the best.

You could:

- increase the number of lights to give a more even spread than just one light
- add wall, table or floor lights in dark areas
- change the fitting from a single pendant fitting to one with multiple arms.

Every fitting has a label showing the maximum level of watts that can be used safely. Watts indicate the level of power used when the light is switched on. Lumens are the measurement of brightness. It is easy to increase the light (lumens) without increasing the power (watts). A low energy bulb fitted to the maximum watt level recommended for safe use, usually provides more light output than a traditional bulb of the same wattage.



Poor lighting

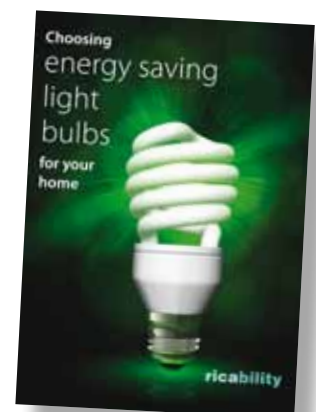


Good lighting

To find out more, a new guide from Thomas Pocklington Trust “Choosing energy saving light bulbs for your home” explains the different types of bulbs, what they do, and how to choose the right one.

Download from pocklington-trust.org.uk or call **020 8995 0880** to order a print, braille or audio CD copy.

You can also download it from Ricability – the independent consumer research charity at ricability.org.uk



Contrast

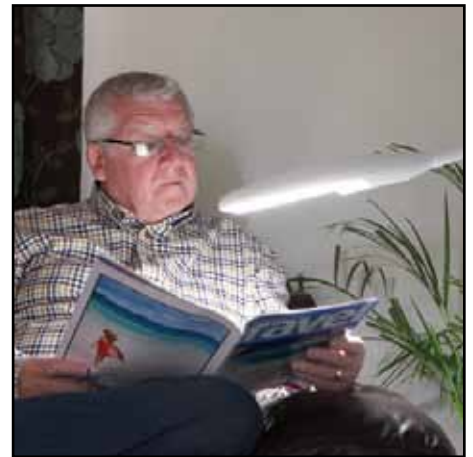
In a general room setting you could use lighter colours for furniture and decorations as these reflect more light than darker colours. You could increase colour contrast between existing surfaces, fixtures or furnishings to make objects easier to see.



Task lighting

Task lighting directs light where it is needed most for detailed activities. Even with good general light levels in a room, the amount of light available may not be adequate for close-up tasks such as reading, writing, eating, preparing food and hobbies such as woodwork or sewing.

- To get the most from your lighting, you should place it between you and the task so that the shade is below your eye level to reduce glare. Be particularly careful not to spend too much time sitting closer than 30cm (1ft) to a task light fitted with a compact or other fluorescent bulb.
- It is important to use general lighting alongside task lighting to help prevent eye strain caused by shadows. A well-positioned desk or table light within 60cm (2ft) of a book will provide 25 times more light for reading, compared to a ceiling-mounted fitting ten feet away.
- Task lighting offers great flexibility. Mains and battery operated lights can be moved easily to use them where you need them. You can also use portable lights in the kitchen, over the cooker, in wardrobes and for reading.



Lighting your home

Top tips

- The best way to make a room brighter is to illuminate the ceiling and the top half of the walls.
- White ceilings, white and light coloured walls help because this increases reflection around the room.
- Ensure good, even distribution of light in every room: make sure there are no dark corners or bright pools, stark shadows or major differences in light levels.
- Use light coloured shades.
- To reduce glare, change the shade to cover the bulb or change the bulb to one that is concealed by the shade.
- Use dimmer switches to control light levels. If the ability to dim lights is important to you, halogen bulbs may be the best option. Look for suitable low energy and LED bulbs that can be dimmed.
- Create contrasts by using different colours, or shades of colour, between furnishings, decorations, floors, walls, fittings, handles, switches and sockets.
- Avoid using heavily patterned flooring or furniture as these can make it hard to see steps, stairs or furniture edges.
- Don't forget – a mix of different types of lighting will be the most flexible option to suit your particular needs.

When using low energy bulbs:

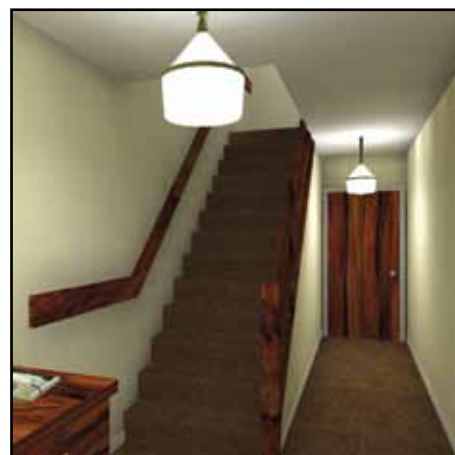
- use “quick start” versions that warm up quickly
- look on packaging to identify the amount of light (lumens) provided
- change them regularly to maintain good light levels. The average hours of usage will be displayed on the packaging
- ensure you are never closer than 30cm (1ft) to the bulb.

Any changes you make must be safe: don't leave trailing wires across floors or near fires, use water-resistant fittings in bathrooms and heat-resistant fittings near cookers.

Hallways, landings and stairs

Use effective lighting at the top and foot of staircases, on landings and in halls to reduce the risk of trips and falls. Bulbs should be fully covered by the shades so you can't see the bulb when going up or down the stairs.

Low energy bulbs should be quick start and reach full brightness immediately. RNIB sells a 20 watt (1,070 lumens) energy saving bulb (**DH284** in bayonet or screw fitting, that reaches full brightness in 60 seconds).



- If you have a telephone in the hallway, place portable task lighting next to this so that you can see the keypad and can jot down notes.
- Additional lighting inside and outside entrance doors helps with fitting keys into locks, locating handles and recognising callers.
- Brighten hall cupboards with miniature or shaded lights, fluorescent tubes or push button LEDs, on ceilings or behind pelmets under shelves.

Kitchen

Shaded fluorescent tubes on ceilings provide high levels of general lighting. To minimise shadows at the sink, cooker or work surface add portable task lights to make it a brighter, safer place to work.

Additional lighting can be fitted behind a pelmet underneath wall cupboards. This increases light where you need it while shading the bulb from your eyes. Lighting can be plugged into an electric socket or wired into the mains. Lights over a hob are sometimes built into the cooker hood.



Finding things inside cupboards is easier if there is a small or portable light fitting inside. These may stick on with self adhesive pads or have other simple fittings. The battery-operated "light wand" (**DH321**) can easily be used in any location.

Lounge

Use flexible and easily controlled light that combines ceiling, wall and task lights with dimmer options to provide even distribution and focused brightness when and where it is most needed.

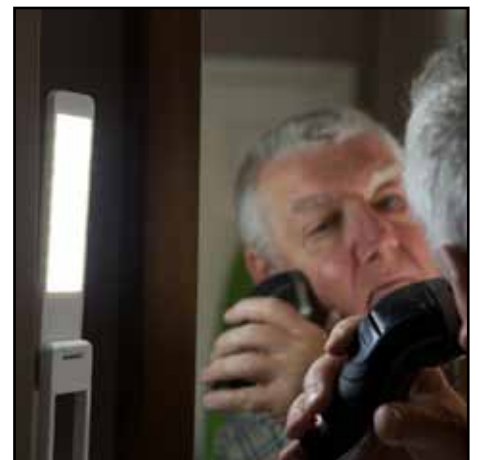
Round, light-coloured diffusing shades on ceiling fittings increase light levels. Avoid using lampshades or spotlights where you can see the bulb.



Bathroom

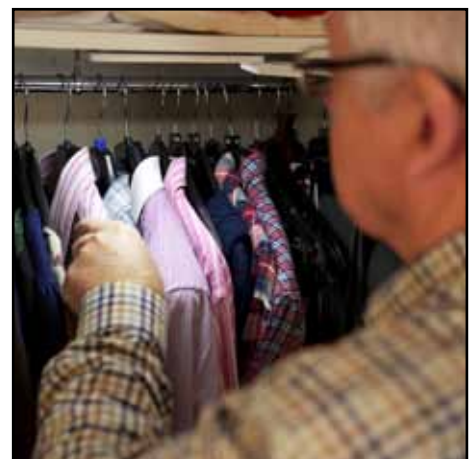
Lights in bathrooms and similar areas must be protected from moisture and labelled by the manufacturer as suitable. Bathroom lights should be switched on using a pull cord which ideally has a contrasting colour cord from the walls, making it easier to see.

Good even lighting over the whole room can be provided by one or two enclosed fluorescent ceiling lights that have an appropriate diffuser to minimise glare and provide protection against moisture. Mirrors with built-in, or small LED, fluorescent or halogen lights alongside, as well as lights above showers make personal care easier.



Bedrooms

Supplement general lighting with table or reading lamps to read, see the clock or take medication. Find clothes in your wardrobe with simple push-button LED light fittings or fit lights that turn on automatically when the door opens.



Different types of bulbs and measurements

Lumens measure the light a bulb provides. The higher the lumens, the greater the output. From Autumn 2012 all packaging for bulbs will list this measurement. For guidance, an old fashioned 100 watt tungsten bulb provides approximately 1,300 lumens.

Watts (w) define how much power the bulb is using, not how much light the bulb gives. So, some 20 watt low energy bulbs can give the same amount of light as an old tungsten 100 watt bulb, but use only one fifth of the power.

Light colour temperatures are measured and described in **Kelvin** or **K**. A low number (2,700K), emits a “yellow” light, a high number (6,500K) emits a bright “white” light. Your choice can be based on “colour” preference. However, if you have problems with glare and contrast, the brightness of the light needs careful consideration, as the brightest may not necessarily be the best for you.

Before you buy a bulb you need to check the fitting carefully for the size and style. Screw fit bulbs are available in two sizes and usually displayed on packaging as SES (Small Edison Screw) and ES (Edison Screw). Bayonet fit are available in two sizes. Energy saving tubes and halogen bulbs may also have a different design.

Dimming options may not work with all bulbs, so check the packaging for information and if in doubt ask a specialist supplier.

All fluorescent bulbs should be disposed of at a recycling point because they contain small amounts of mercury. Local councils and most lighting and DIY shops offer recycling facilities.

Traditional bulbs: Tungsten or GLS bulbs

Whilst these bulbs are no longer for sale in Europe, they are still in place in many homes. They produce light by heating a tungsten filament which means they are inefficient in the energy that they use, sometimes using up to five times more than an energy saving bulb.



Energy saving bulbs

Energy saving bulbs can replace tungsten or GLS bulbs. Whilst they have some disadvantages, as technology advances some of these issues may be resolved and it is worth checking on RNIB and Pocklington websites for the latest guidance. Also available from Thomas Pocklington Trust is their guide “Choosing energy light saving bulbs for your home” which offers “best buy” recommendations.

RNIB offer 20 watt (1,070 lumens) energy saving daylight bulbs that reach full brightness quickly. Available in “screw” or “bayonet” fittings they are ideal for general use in halls, stairs and landings.

Compact fluorescent lamps (CFLs)

Small fluorescent tubes bent into specific shapes to make them more compact, hence they are known as compact fluorescent lamps or CFLs.



Various sizes and colours are available and shapes include sticks, spirals and globes. Traditional candle or bowl shapes may have a protective outer glass envelope to diffuse the light.

Advantages	Disadvantages
<ul style="list-style-type: none">● Around five times more efficient than tungsten and life expectancy at least eight times longer – 8,000 hours plus.● Do not get very hot.	<ul style="list-style-type: none">● CFLs without an outer glass envelope emit small amounts of UV so you should not be closer than 30cm for extended periods.● Only some CFLs are dimmable with conventional dimmer switches (check information on the packaging).● Once switched on, unless they are “quick start” they may take time to reach full brightness.

Fluorescent tubes

Particularly popular in kitchens, the light is produced by an electrical discharge within the tube. They are available in different lengths and can provide light in colours ranging from a warm yellow white to a cool blue white. The colour of the light will usually be listed on the packaging.



Advantages

- Around five times more efficient than a tungsten bulb and cheaper to run.
- Do not get very hot and last around eight times longer than tungsten.

Disadvantages

- A specialist dimming switch or a specialist tube that can be dimmed, would be required.

Halogen bulbs

Halogen bulbs produce a bright white light. They are increasingly available for a wide range of fittings and in shapes that look like the traditional tungsten bulb. They can be used in small ceiling and spot lights.



Advantages

- Provide instant, full output.
- Dimmable with an ordinary dimmer switch.
- More efficient than tungsten, last twice as long and cheaper to run.

Disadvantages

- Not as energy efficient or as cheap to run as fluorescent tubes or CFLs.
- Can get quite hot which can be uncomfortable.

Light Emitting Diodes (LEDs)

LEDs (or solid state) are developing at a fast pace. Originally used in car headlights and torches, they are increasingly used for domestic situations and offer shades of white light and brightness.



Advantages

- Once switched on they give instant, full output.
- Eight times more energy efficient than tungsten.
- Long life, which manufacturers claim may be up to 50,000 hours.
- Do not produce heat.

Disadvantages

- A special dimmer switch may be needed.
- LEDs currently provide low light output; it is likely that this will alter as technology improves.
- Early LEDs produced light with a blue/white appearance; but newer ones offer more colour options.

Choosing light fittings

Your choice of fitting or lampshade will affect the amount and direction of light in your room, which means that a combination of fittings can be the most effective solution. In this section you will find ideas on options that are available across all the types of bulbs described.

Ceiling lights

Whilst most rooms have only one central ceiling light, adding a second can increase the amount and spread of light. Using a single fitting with more than one bulb may help, but this can limit the spread of light. Shaded fittings above a picture rail or curtain pelmet can be used to direct light on to the ceiling. This alone may not provide enough light but is a good option to reduce glare.



Multi-arm pendant light

A good option to fit in one location in the ceiling because multiple bulbs provide more light than a single bulb. Each bulb should be shielded to prevent glare so use opaque or frosted glass shades to shield the bulb and diffuse light evenly.



Shades

The choice of shade can be critical and there is a wide range to choose from on the high street.

- Light coloured shades reflect light better than dark ones.
- Choose shades that are deep enough to shield bulbs and prevent glare: if the bulb sticks out choose a smaller bulb or larger shade.

For single ceiling pendants, a round or ball-shaped shade, often made of paper, is a popular choice. They are cheap to buy, easy to fit, diffuse the light and reduce glare.

Angle shades, sometimes called uplighters, project light on to the ceiling which then reflects light back into the room. To be effective the ceiling must be white or a very light colour, and the shade must not be too close to the ceiling.



Fluorescent tubes

Generally known as strip lights these are available as straight tubes, circles and D shapes. They provide high levels of evenly distributed light through the diffuser shade, which should be cleaned regularly. They are suitable for kitchens, hallways, landings, bathrooms and work rooms.



Spot lights

Whilst these provide directional light onto a specific area, they can produce very bright “pools” of light which can be problematic. They can be fitted on the ceiling directed onto tasks but are not usually sufficient as general lighting.



Wall lights

These fittings are lower and closer to the eye than ceiling lights and can cause glare, especially when they have clear glass shades. It is best to choose a wall fitting that reflects light up and out across the wall and ceiling rather than directly into the room, ideally with a solid shade or cover to shield the bulb. It is important to fit the light fitting so that the bulb cannot be seen.



Choosing additional lighting

Task lights

Your choice of task light will depend on what you are doing, the level of light required and where the task is located. Task lights come in floor standing, portable and desk versions and use different bulbs including LED, fluorescent (CFLs) and halogen.

- Lights fitted with CFLs don't get too hot and can provide either warm yellow white or a cool blue “daylight” white.
- Halogen bulbs do get hot so may not be comfortable to use for close up tasks.

- LEDs don't get hot or give off as much light as halogen or CFLs, and they are energy efficient making them cheaper to run.

The cost of task lights can vary depending on the type, but generally they are not too expensive. With arms, stands and shades that are fully adjustable they offer good light distribution onto a page or a task. They come in a variety of styles and weights. Floor standing lights have heavier bases to provide extra stability. Portable lights are highly flexible, allowing you to move them round the house or take them out with you.

Desk lights

These can be easily adjusted to use at a table or desk and offer high levels of light for a specific task. Whilst there are lightweight models, some have more heavily weighted bases for increased stability and care should be taken when moving them. All models listed here have CFL fluorescent tubes. Prices range from £38 to £65.

Choose from:

- Daylight white flexi arm light with diffusing shade and removable magnifier arm (**DH159**)
- Daylight spring-loaded and adjustable arm light with weighted base. Available in black (**DH156black**) or white (**DH156white**)
- White Daylight clip-on flexilight which attaches to the edge of a table (**DH294**).

Task and desk lights can be used on dressing or bedside tables. Useful products include black Daylight table light (**DH338**) or slate grey desk light (**DH205**) which both have flexible arms and adjustable shades. For a stronger light, the RNIB black desk light (**DH336**) also has a contrasting white on/off switch conveniently sited on the base.



DH159



DH156black



DH294

New product guide

Want to be the first to know about new RNIB products and special offers throughout the year? Subscribe free to **New product guide** which is available in large print, braille, audio CD and email. Call **0303 123 9999**.

Magnifying lights

With all the benefits of a desk-based product, these have a round magnifying lens contained within the light head to help with reading and detailed tasks. These may not be suitable for everyone because the magnification level is low. There are three models available from RNIB with prices starting at £40:

- Low heat light that clamps onto the side of a table, and has two magnifying lenses (1.75x and 2.25x), spring arm and clamp (**MAG60**)
- Daylight flexi-arm light that clamps onto side of table with diffuser and 1.7x magnifying lens (**MAG58**)
- The smallest and lightest desk light with integrated magnifying arm (1.75x) (**MAG59**).



DH338



MAG58

Floor standing lights

Ideal for placing next to an armchair as a task light over your shoulder, or as an uplighter with the head directed to the ceiling. When fitted with CFLs, they won't get too hot and are cheaper to run than tungsten or halogen bulbs.

With adjustable flexible heads and heights they can be positioned easily to suit you. There are four models available from RNIB, with prices starting at £63:

- White Daylight light with diffuser shade and 1.75x magnifier on flexi-arm (**DH161**)
- Brushed silver-coloured light with shade to minimise glare and ideal for use as uplighter or task light (**DH238**)
- Light grey light with tilting shade and 3x magnifier which slots into the stand (**DH334**)
- White and grey light with flexible neck and large shade to provide a wider spread of light (**DH335**).



DH161



DH238

Portable task lights

The perfect solution for moving around the home to carry out a variety of tasks. Key features include:

- option of mains powered or battery-operated, including some with built-in rechargeable batteries, so there are no trailing wires
- generally supplied with a CFL fluorescent bulb CFL which give off low heat
- some turn on and off automatically when the shade is opened and closed
- fold neatly away and usually incorporate a carrying handle
- sizes available range from pocket to compact desk models
- energy efficient bulbs should last up to 10,000 hours.

Rechargeable portable lights can either be plugged into the mains or charged overnight for 3.5 hours use. RNIB offer two models (**DH245** and **DH313**). Alternatively, there are mains operated models which have a diffusing shade that easily twists to the best position (**DH277** and **DH277silver**). Prices range between £35 and £55.

Book lights

Book lights are not ideal for everyone as the light may not be bright enough for prolonged reading, so a desk or portable light may be more beneficial. They can be a useful source of focused light over a small area and due to their weight are ideal for taking to restaurants or out shopping. Prices range from £6 to £15.

As with LED task lamps, there are three light colour temperatures available: 2,700k (**DH317**), 4,500k (**DH318**) and 6,000k (**DH319**). RNIB also offer three lightweight small book lights: Tiny bright (**DH300**), Flexible arm (**DH273**) or Free standing (**DH229**).

Bookstands with built-in lights can help ease the burden of holding a book steady for prolonged reading. RNIB offers models in black (**DH295black**) or white (**DH295white**).



DH245



DH313



DH277



DH317



DH295white

LED lights

A wider range of small, battery-powered lights using light emitting diodes (LEDs) are also readily available from high street stockists and RNIB. With a long life, high energy efficiency and low heat, they may be most useful for short bursts of use where a limited amount of extra light can help. For longer-term use, a fluorescent or halogen desk or floor light is recommended.

The Light wand (**DH321**) with four LEDs is battery operated, compact in design and ideal for lighting up dark cupboards. LED cupboard lights (**DH271**) are easy to operate – simply press the surface to switch on or off.

If brighter light is important, then portable LED task lights in a choice of three light colour temperatures may be suitable: 2,700k (**DH314**) provides a yellow light, 4,500k (**DH315**) is a clear natural light and 6,000k (**DH316**) offers a much brighter light. Other options include a battery or USB operated desk light (**DH337**) or two-in-one portable torch and light (**DH326**). Prices range from £9.95 to £50.



DH337



DH321

Other catalogues available:

- **Everyday living** – products to support your everyday life including mobile and landline phones, clocks and watches, kitchen equipment and much more.
- **Braille** – features brailers, frames, tactile stationery and accessories.
- **Mobility** – features canes, walking sticks, GPS and accessories.
- **Magnifiers** – practical advice and products to help with reading.
- **National Talking Newspapers and Magazines** – over 200 high street magazines and newspaper titles available to read on audio CD, or electronic full text to read on your computer or mobile phone.



Practical help and advice on making your home safer and brighter

Age UK Handyperson Service

Assists older people with a wide range of small repairs and odd jobs in your home. A handyperson can visit you, and assess what security/safety measures or small repairs you need, for a small charge. In most cases, the job can be done there and then. Every skilled handyperson has been CRB-checked.

We can improve safety by:

- replacing light bulbs to give you more light
- installing grab rails and hand rails on stairs and in bathrooms
- fitting smoke alarms or carbon monoxide detectors
- fixing loose carpets to remove trip hazards.

We can improve comfort by:

- moving small items of furniture, making it easier to get around
- putting up curtain rails and shelves, and fixing cupboard doors
- fitting draught excluders or energy-saving items to keep you warm
- replacing taps or doing small plumbing jobs like fixing a leaky tap.

We can improve security by:

- fitting key safes, door and window locks, door chains or spyholes.

Telephone **0800 169 65 65** to find out what is available in your area.

What our customers say:

“It has given us peace of mind to know that our home is safe. We had a grab rail installed, new light bulbs fitted and a shelf put up. We are so pleased with the work done by Age UK.” **Mr and Mrs S, Southend**



Housing Improvement Agencies (HIAs)

Offer services including adapting homes and provide a handyman service for small scale improvements. Some also offer major building and refurbishment work. All can advise on integrating lighting changes with other building works that may be needed to support independent living as well as advice on funding sources to help with costs.

Telephone **08458 645210** Email **foundations@foundations.uk.com**

Website **foundations.uk.com/home**

Foundations, Bleaklow House, Howard Town Mill, Glossop, Derbyshire SK13 8HT

Social Services

Your Local Authority Sensory team is part of your Local Authority's Adult Social Care Service. They specialise in helping people with sight loss and/or hearing loss to remain independent and safe, assisting with many practical aspects of sight loss. Most local authorities now have a single telephone number to call for social care services, or ask for a referral from your GP or eyecare professional.

Specialist staff such as Vision Rehabilitation Officers may visit you in your home to assess your individual needs and advise about benefits, lighting and available low vision equipment. They can also suggest techniques to improve your orientation, mobility in and around the home, and give you lots of ideas on how to approach everyday tasks such as maintaining personal appearance, taking medication and preparing food. Occupational Therapy teams may also be able to provide lighting assessments, advice and other potentially beneficial adaptations for your home.

Further help

Specialist lighting and electrical goods suppliers can often respond to detailed requests on how to improve lighting, as well as selling a range of light fittings and bulbs.

RNIB, Action for Blind People, Assist UK and Disability Living Centres as well as some local sight loss societies have retail and online shops and resource centres, offering information, advice and a chance to try and buy different lights and bulbs. Telephone **0303 123 9999** to find your local service.

Further help if you are a professional

If you work with people experiencing sight loss and want to know more about lighting and how to use it to make the most of sight, Thomas Pocklington Trust offer a range of information and training resources. Visit **pocklington-trust.org.uk** and follow links through "research and knowledge" to the lighting pages.

Organisations offering information and support

RNIB

As well as supplying the task lights and bulbs highlighted in this guide we offer an extensive range of products, publications, advice and support for people with sight problems to live independent lives and learn new skills. We can also put you in contact with services in your local area.

Helpline **0303 123 9999**

Email **helpline@rnib.org.uk**

Website **rnib.org.uk**

Shop **rnib.org.uk/shop**

RNIB Helpline, PO Box 173, Peterborough PE2 6WS



Thomas Pocklington Trust

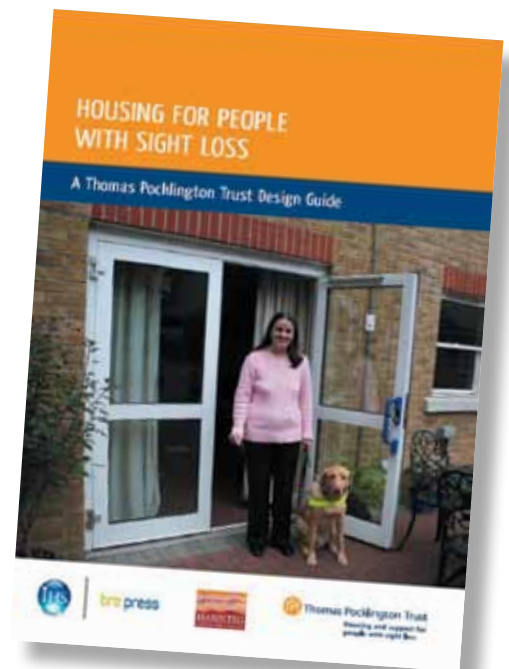
Thomas Pocklington Trust provides housing and support services for people with sight loss in the UK. We offer a range of housing and support services and commission research to inform the policies and practices that affect the lives of people with sight loss. Each year we support a research and development programme of social and public health projects. We have commissioned a range of research about the homes of people with sight loss, including lighting, and our research findings inform good practice guidance.

Telephone **020 8995 0880**

Email **info@pocklington-trust.org.uk**

Website **pocklington-trust.org.uk**

Thomas Pocklington Trust, Pier House, 90 Strand on the Green, London W4 3NN



Macular Disease Society

The only UK charity dedicated to helping build the confidence and independence of people affected by central vision loss.

We provide information and support services including a helpline and counselling service. Founded in 1987 we have around 15,000 members and 250 local peer support groups across the UK.

Helpline **0845 241 2041/0300 30 30 111** Website **maculardisease.org.uk**



Age UK

The leading UK charity for people in later life, offering support through information and advice, campaigns, products, training and research. The free national information line is open 365 days a year, from 8am to 7pm. Through our 170 local Age UKs we provide vital services including lunch clubs, handyperson schemes and home visits to prevent loneliness and isolation. Whether it's getting started on the internet, keeping fit and healthy, or finding information and advice, a local Age UK should be able to help.

Telephone **0800 169 65 65** Website **ageuk.org.uk**



Local societies for visually impaired people

A network of local charities throughout the UK who provide a range of local services including social activities, product advice and training. They may also be able to provide advice and information on lighting. To find your nearest organisation telephone **020 8417 0942** or visit **visionary.org.uk**



Assist UK

Information about local disability resource centres and an online shop offering some equipment suited to people with disabilities.

Telephone **0161 832 9757** Website **assist-uk.org/**



VISION 2020 UK

An umbrella organisation facilitating collaboration between UK visual impairment agencies from across the health, social care and the not-for-profit sectors in support of the UK Vision Strategy.

Website **vision2020uk.org.uk**



Make the most of your sight Improve the lighting in your home

Third
edition

Produced by Royal National Institute of Blind People (RNIB) and Thomas Pocklington Trust. This guide demonstrates good lighting practice. It provides ideas, hints and tips on how to light your home more effectively and shows the different types of household and task lighting that are available and their benefits.



**This booklet is also available in audio and braille formats.
To order a copy please call RNIB Helpline on 0303 123 9999**

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