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## **Fact Sheet 6**

## **Low Vision Aids and Assistive Technologies**

There are numerous products and technologies designed for people with vision loss and blindness. There are also a number of everyday objects that can help.

**Simple everyday objects:**

Placing a rubber band around a salt or pepper shaker at the meal table to identify one from the other.

Placing a small piece of Velcro or ‘Bump On’ on a microwave start button or temperature dial on other appliances.

Using a small safety pin at the bottom and middle of a sheet, to assist bed making.

**Talking Products and Apps:**

Talking watches, calendars, clocks, microwaves, scales. Other products emit a ‘beeping’ sound such as a liquid level indicator to safely pour hot fluids and drinks.

Smart Phones, computers and other specifically designed devices such as the BrailleNote, convert text to speech and have ever increasing capabilities including to: scan and recognise bank notes, input and read text messages using speech rather than typing, recognise colours such as when matching clothing, reading barcodes. Other Apps provide GPS capability assisting people to navigate their environment using talking mapping programs.

**Magnification Devices:**

There are both portable, hand held and larger desktop magnifiers. Some people use a hand-held magnifier in the supermarket to read product labels, others may need a higher level of magnification and therefore need to use a more powerful desktop magnifier with a larger screen.

**PTO**

**General Appliances:**

Some devices like the Tefal Optigrill have an audible beep to indicate when food is ready, therefore it can be an effective cooking appliance.

*There is a small tactile mark on EFTPOS machines and keyboards which enables people to input Pin Numbers and type on keyboards accurately*.

Occupational Therapists offer training programs for using low vision aids to assist with the activities of daily living such as cooking programs. Technology support is available to learn to use computers and other electronic devices. The range of technologies which are specifically designed for people with vision loss and blindness is growing rapidly.

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