

Adapting <https://www.retina-eye.co.uk/> Your Home for Low Vision Safety and Comfort

Simple adjustments around the home can make a considerable difference for anyone living with reduced vision, often without requiring major renovation or expense. Improving lighting is usually the most impactful change, since brighter, more even lighting in hallways, staircases and reading areas reduces the strain caused by low contrast environments. Contrast plays a bigger role than many people realise. Marking the edges of steps with brightly coloured tape, choosing light switches that stand out clearly against the wall, and using contrasting coloured plates or cutting boards in the kitchen can all reduce the risk of trips, spills and everyday frustration. Reducing clutter and keeping frequently used items in consistent, predictable places helps too, since navigating a familiar space by memory and touch becomes more important as central vision changes. Removing loose rugs and securing trailing cables further reduces trip hazards throughout the home. A home safety assessment carried out by a low vision or occupational therapy specialist can identify adaptations specific to an individual's [OCT retinal imaging](#) home and daily routine, often highlighting simple changes that make a genuinely meaningful difference to independence and confidence.