

Home Management Skills

Tips and Suggestions for Independent Living

Pouring Techniques



- **Maintain Contact:** Feel the spout of the container you are pouring the liquid from. Place the spout directly on the inside rim of the cup. Tip the container to begin pouring the liquid, while keeping the spout in contact with the rim. This technique will ensure you don't miss the cup when pouring.
- **Listen:** The sound is loud and clear when you first pour liquids into a cup or glass. Then as the cup or glass fills, the sound fades out. This indicates the cup or glass is full.
- **Feel the weight:** The weight of the glass or cup indicates whether it is full.
- **Feel the temperature:** Feel the outside of a glass, cup or container to see whether the liquid inside is hot or cold. If you are pouring hot liquids, place your index finger across the top of the glass. As the hot liquid nears the top of the glass, you will feel the warmth of the liquid, signaling you to stop pouring. **Do not** place your finger in the cup when pouring hot liquids.
- **Use your thumb or finger:** Place a thumb or index finger along or over the rim of the glass or cup as you are pouring. When the liquid reaches the thumb or finger, stop pouring. Use this technique with cold liquids.
- **Use a liquid level indicator:** Place the prong of a liquid level indicator (such as an EZ-Fill) inside a glass or cup. When the liquid reaches the prong and buzzes, stop pouring.

Measuring liquid and dry ingredients

- **Mark** measurements on a large glass measuring cup with hard-drying tactile paint or assorted color tabs. Fill glass measuring cups up in front of a contrasting background to the food you are measuring. For example, measure flour in front of a black background. Do the opposite for dark colored ingredients. The contrast will help you see the food item better. You can make your own backgrounds easily with a piece of white and black construction paper.
- **Use** nesting measuring cups and spoons.
- **Bend** metal measuring spoons to form an 'L,' with the scoop facing up. Dip the spoon into the substance. Wide mouth jars work very well for liquids and oils and make measuring with the adapted spoons much easier!

Peeling, Slicing and Cutting



- **Use** a colored cutting board. The contrasting colors will make it easier to see the food item.
- **To** cut meat, first feel for the edge of the meat with a fork. Then take the knife, line it up behind the fork and begin cutting.
- **To** peel food, begin by feeling for one end of the item. This is where you will begin to peel. Next turn the item counter clockwise while peeling or clockwise if you are left-handed.

Using dials on appliances

- **Use** bump dot stickers, colored glue, puff paint, or Velcro to mark the settings you use most. The raised dots help you set temperatures by touch. The same method may be used for microwave ovens.
- **Some** appliance companies have Braille overlays for stoves and microwaves.
- **Put** additional lighting around the work area. The better lighting will help illuminate the dials and buttons on the appliances and lower the strain on your eyes.

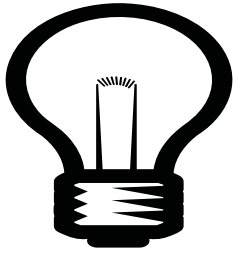
Housekeeping

- **Organize** a general storage area to help you identify various cleaning items.
- **Use** a cart or basket to store and transport cleaning equipment and products from the storage area to various parts of the house.
- **When** you vacuum or sweep, divide room into sections, using furniture and walls as reference points. Then work in a systematic, grid pattern as you clean each section.
- **Special** needles and needle threaders have been designed for people with visual impairments to make threading needles easier.



Many of the devices mentioned above are available at SightConnection, our adaptive aids retail store. For more information, contact Community Services for the Blind and Partially Sighted at **(206) 525-5556** or **(800) 458-4888**. Our rehabilitation specialists can provide additional in-home training in King, Snohomish, and Skagit counties.

Lighting Tips



Lighting can make all the difference when performing daily tasks. You may think that more or brighter light is always better. The truth is, more light can cause glare, which can make seeing more difficult for some people.

Bring the light close to the task or work site to get maximum benefit, rather than keeping it high overhead.

C•S•B•P•S

Programs and Services

- Low vision clinic and low vision rehabilitation
- Instruction in independent living skills
- Professional counseling and support groups
- Safe travel and orientation training
- Education, information and referral services
- Assistive Technology resources
- Adaptive aids specialty store, SightConnection

Since 1965, our mission has been to work with individuals, families and communities to restore, maintain and enhance the independence and well-being of people with impaired vision.

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Agency hours: 8 AM – 5 PM, M-F

SightConnection Store hours: 9 AM - 5 PM, M-F

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