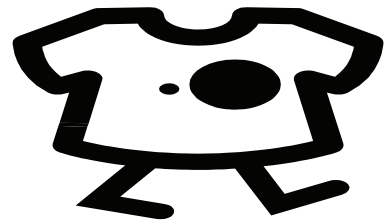


Personal Management Skills

Tips and Suggestions for Independent Living

Clothing Identification

- **Organize** clothes by location (i.e. socks in right hand drawer, shirts in bottom drawer, etc.).
- **Organize** into outfits. If possible safety pin the outfit together before placing in the washer/dryer.
- **Identify** color of clothes by using a variety of labeling techniques: clothing tags, tie a pattern of knots, safety pins, sock tuckers or Braille or Tactile materials. You can also identify clothing items by texture, style, or the shapes of buttons.



Identifying Your Money

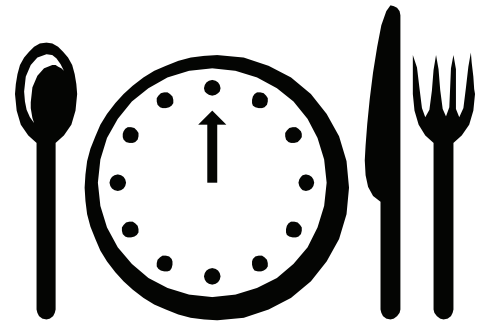
- **Develop a folding system for bills:**
 - Leave 1-dollar bills flat.
 - Fold 5-dollar bills in half.
 - Fold 10-dollar bills in half and in half again.
 - Fold 20-dollar bills once lengthwise.
- **Remember:** Quarters and dimes are ridged around their circumferences while nickels and pennies are smooth.



Losing vision doesn't mean losing independence!

Eating Techniques

- **Orient** your body to the table and familiarize yourself with the table setting.
- **Increase** an object's contrast so it will be more visible. White plates almost disappear on a white table, but show up well against a dark tablecloth.
- **Use** "the clock method" to locate food on a plate. Start with 12 o'clock and move clockwise.
- **Use** a knife, piece of bread, or cracker to push your food onto your fork.



Writing Tools

Several types of writing aids and guide templates can assist people with impaired vision meet their writing needs.

- Writing guides for signatures, check, letter, and envelope writing
- Raised line checks with bold print are available through your bank
- 20/20 and Espresso pens
- Bold-line writing paper



We carry many of the tools you need, at SightConnection our adaptive aids store, (visit us at the agency, call (800)458-4888 or online at www.SightConnection.com).



Telling Time

There are a number of products on the market that will help you know what time it is. For example, low vision watches, talking watches, talking clocks, and tactile watches. We carry all these products at SightConnection.

Using the Telephone



- Most push-button telephones have a raised bump on the number "5". Try using the "5" as a home key and dial by touch.
- Attach a large number or raised number template to the dial of your phone.
- Purchase a phone with large or raised numbers (available at SightConnection).



Prescription Tip

If the instructions say to take a pill twice a day, wind a rubber band around the bottle two times, or use two small rubber bands.



Visit our adaptive aids store,
SightConnection online 24/7.

We have over 400 products for living with vision loss.

We are your local source for vision needs.

www.SightConnection.com or call (800) 458-4888, 9 AM - 5 PM, M-F

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
- Volunteer services
- 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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