

## Living with Vision Loss:

# Bathroom Safety Tips and Products

[www.VisionAware.org](http://www.VisionAware.org)



Change in Texture



Contrasting Towel



Grab Bar in Shower

**The bathroom can present a great many hazards for someone with minimal vision loss or loss of mobility. You can minimize the risk of accidents with these easy-to-manage adaptations.**

- A change in color or texture can help people with vision loss navigate their bath safely and effectively. These changes do not need to be expensive.
- Although people with low vision cannot always distinguish colors, they are often able to detect visual contrast. Solid colors work much better than patterns.

### Here are some tips to try:

- Use towels, washcloths, and bath mats that contrast sharply with the tub, tile, wall or floor.
- Install a grab bar on the edge of the tub or a railing on the wall of the shower to prevent slipping. Grab bars now come in colors that can contrast with your tub.



# Bathroom Safety Tips and Products



Pump Dispensers



Contrasting Toilet Seat

## For more bathroom safety, try these ideas:

- Install additional lighting over the tub or shower.
- Use soaps and shampoos in pump dispensers to prevent spills, or use a shower caddy to keep your soap and shampoo within easy reach and in one place to locate them more easily.
- Use a rubber band to distinguish shampoo from conditioner, or mark items with easy to read labels to avoid using the wrong product.
- Replace your toilet seat with one that contrasts with the commode. If necessary, put a frame with arms over the seat to make sitting down and standing up easier.
- Take note of how far you have to rotate faucets to get the temperature you want. Turn on the cold water first ... then add hot water. Turn off the hot water first.

By making your bathroom safer and more conveniently organized, you can minimize the possibility of falling and take care of personal hygiene more efficiently.

To find more bathroom tips and where to buy products, visit **VisionAware™** at **[www.VisionAware.org](http://www.VisionAware.org)** or visit the AFB Center on Vision Loss in Dallas, Texas. For an appointment, call 214-352-7222.

