

Living with Vision Loss

Having Fun!

www.VisionAware.org



Talking Book Machine



Knitting with Directed Lighting and Magnification

Have you stopped participating in recreational activities, or are you reluctant to try new ones because of vision loss? You don't have to give up having fun if you don't want to. Whether it is enjoying pursuits such as curling up with a favorite book, playing cards with friends, or staying involved in a sewing circle, you can still participate to the fullest in fun activities, with a few modifications.

Here are a few options to consider as you start thinking about what you might enjoy doing:

- **Reading:** Magnifiers (optical and electronic); large-print, audio, or braille books and magazines (available commercially or for free through the Library of Congress Talking Book Program; www.loc.gov/nls or 888-657-7323); e-Books (Bookshare; www.bookshare.org); and newspapers (accessible through your PC, a radio reading service (www.iaais.org or 800-280-5325), or by telephone (www.nfbnewslines.org or 866-504-7300) can connect you with the world of the printed word.
- **Doing Crafts and Woodworking:** Contrast and texture are important when working on crafts or woodworking projects. For example, the object you are working on should contrast with the work surface. It's also helpful if your tools contrast with the project. If you do needlepoint, use a dark-colored needle against a light part of the canvas, and a light-colored needle against the dark part of the pattern. Marking the tip of your tools with contrasting paint may be necessary. Use directed task lighting and position the light fixture close to the task. An adjustable gooseneck lamp can make a huge difference in how well you can perform a visual task. Or, consider creating with a media that is tactile: beadwork, clay, dried flowers, and soapstone or balsa wood are all good tactile options.



Having Fun!



Large-Print
Playing Cards



Computer Screen
Magnification



Container Gardening on an
Easy-to-Reach Table

- **Playing Cards and Board Games:** Playing cards come in a variety of large-print sizes and contrasts, as well as in braille. Bingo cards are available in both large-print and tactile versions. You can buy braille and large-size versions of many popular board games, including Monopoly, Scrabble, checkers, backgammon, and chess.

- **Using a Computer:** Vision Loss does not have to limit your ability to use a computer. Screen-enlargement programs are available to increase the size of the text on the screen and to change color and contrast options to reduce glare and make reading easier. Screen-reading programs are also available that will “speak” the text on the screen aloud when enlargement just isn’t enough.

- **Growing Things:** Container gardening is a particularly easy and fun way to enjoy gardening. Containers make identifying plants and seed locations trouble free, and allow you to cultivate your garden without the work of bending and digging garden beds. It is also simpler to move your garden from one location to another when it is housed in a container. From herbs and vegetables to beautiful flowers and foliage, gardening is an especially rewarding hobby.

For more information visit VisionAware.org 24/7 or visit the AFB Center on Vision Loss in Dallas, TX. Call 214-352-7222 for an appointment.

