

Bathroom Safety Tips and Products

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Make getting around your bathroom easier and safer with these simple adaptations:

- Use a bath mat that has a different feel than the floor or tub. A change in color or texture can help people with vision loss navigate their bath more safely and effectively.
- Solid colors work much better than patterns. Although people with low vision cannot always distinguish colors, they are often able to detect visual contrast.

Here are some tips to try:

- Use towels, washcloths, and bath mats that contrast sharply in color with the tub, tile, wall, or floor.



**Grab Bar And
Contrasting Bath Mat**

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High Contrast Bathroom



Pump Dispensers

- Install a grab bar on the edge of the tub or on the wall of the shower to help maintain balance and reduce risks of slipping and falling. Grab bars now come in colors that can contrast with your tub.

For more bathroom safety:

- Use soaps and shampoos in pump dispensers to prevent spills, and use a shower caddy to keep your soap and shampoo within easy reach and in one place.
- Use a rubber band to distinguish shampoo from conditioner, or transfer shampoo and conditioner to brightly colored plastic bottles so that they can be distinguished easily.
- 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.

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Contrasting Toilet Seat

- Replace your toilet seat with one that contrasts in color with the commode. If necessary, put safety railings around the seat to make sitting down and standing up easier.

By making your bathroom safer and more conveniently organized, you can minimize the risk of falling and take care of personal hygiene more efficiently. Find more safety tips for your bathroom at visionaware.org/GSbathroom.

**Find more tips at
visionaware.org/gettingstarted**

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