

# Managing Sight Loss

## Advice for everyday living

### What you need to know – Leisure

#### Watching television

- **Difficulty in watching television is a common problem, however there are various things to consider that might make it easier.**
- **It is important to think of the position of the TV in respect to light. Picture contrast may be better if there is a light on in the room. Make sure that any light does not cause a glare on the screen. Also make sure that there isn't direct light on your face.**
- **Sitting close to the TV may help some people but this may cause weariness as concentration is increased.**

- **TV glasses may help and are designed to enable you to see the TV from your usual seat. For further information about TV glasses speak to your consultant, optometrist, Adult Services or Children’s Services, or your local voluntary organisation.**
- **For some people, a black and white television provides the sharpest contrast and is easiest to see. A small black and white portable placed right in front of you, will allow you to watch the same program as others in the room are watching on a larger set.**
- **Audio description is a way of describing what is happening in films or television programmes during parts of the action that have no dialogue. It is available on some programmes through a freeview box and on DVD etc. Libraries also have stocks of audio described material.**

### **Theatre / cinema / video / DVD**

- **Many of these services now offer audio described performances which set the scene and describe what is happening when there is no dialogue. Please contact your local society for further information.**

## **Art galleries / museums**

- **Some museums, galleries and cathedrals offer ‘touch tours’ or tactile exhibits.**

## **Sport**

- **Many sports offer specialist visual impairment groups or training for sports such as golf, diving, sailing and bowls. Please contact your local voluntary society for further information.**

## **Games**

- **RNIB sells a number of tactile games such as dominoes and playing cards which can be played with sighted people too.**