

Managing Sight Loss

Advice for everyday living

Practical Suggestions – Organisation

- If you can be organised, this will help make things easier.
- There are several suggestions of how you might want to organise things, but it's important to find a system that works for you. Here are some ideas for you to consider:
 - Keep medicines, cosmetics and cleaning agents in separate cabinets and boxes. Code with coloured tape: e.g. medications/red or cleaning products/yellow.
 - Do not carry handbags in which things become lost. Carry only what you need.
 - Put velcro tabs on keys or other objects and attach them to corresponding velcro patches in purse or backpack.
 - To help identify notes and coins, you could fold fives once, tens twice, twenties three times. Larger notes could be carried in a separate part of your purse or wallet.
 - Ask the bank to separate notes and fold them differently or put plastic paper clip on different-size notes.

- **Organise food by cabinets and shelves. Maybe use cardboard sheets or colour strips to identify sections.**
- **Use tactile clues to help distinguish things e.g. put one rubber band around tinned tomatoes and two around peaches.**
- **While working on or using something, keep the bits on a tray i.e. medication, cooking utensils and recipe ingredients.**
- **Organise clothing so that it's easier to locate and match items i.e. alternate contrasting colour, using safety pins or marking tape on inner seams of clothing to help you identify items, keeping different coloured socks, shoes and scarves in separate boxes or drawers, clipping pairs of socks together before washing them to keep them matched.**
- **Make sure you have a clock that you can tell the time from easily. There are a variety available in different formats i.e. talking clocks/watches, Braille, very large.**