

Lighting and Illumination

Light is always a problem for people with a visual impairment. There is either not enough light or there is too much light causing problems with glare. Proper management of light is crucial in low vision rehabilitation. Most people who are visually impaired need more lighting than the person with normal vision. People with glaucoma, macular degeneration and other retinal diseases may need up to three times more light than the average person.

Consideration in the selection of lighting can help reduce glare and enhance contrast of text to give optimum visual performance. Several types of lighting are now available for patient use. Fluorescent, incandescent, full-spectrum, halogen, neodymium and high-intensity are available.

Sunlight or daylight is often preferred by the visually impaired. This is true white light and provides the most contrast of text. However,

sunlight is hard to control. Neodymium lights marketed as *GE Reveal Bulbs* and *Chromalux Bulbs* provide illumination similar to sunlight. Studies have shown that the use of this type of white light improves reading performance.



Big Eye's Floor and Table Lamps provide direct illumination along with magnification.

Ordinary fluorescent lighting is usually not the best type of light for reading as it provides little contrast and is often harsh. However, because it provides less contrast, the fluorescent light creates fewer shadows. Fluorescent lights can be placed under cabinets to provide lighting on a work bench or a kitchen counter. There are newer "white" fluorescent lights available which provide a "cooler" light source.

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All lamps show in in this newsletter are available at all ViewFinder Locations.

Ott Portable Lamps provide full spectrum illumination and can be taken to your next card game or craft class. This lamp is available in black or



In contrast to fluorescent lighting, incandescent lighting provides more contrast but is capable of producing more shadows. To solve this problem, shading that diffuses the light source can be used. Reflector shades with diffusers are a very good source of good direct illumination. The small high-intensity lamps are an excellent choice for work within a small area. Larger floor lamps are great for reading. When reading, always place the light over the shoulder of the



better seeing eye. To avoid glare and increase contrast, place the lamp below eye level.

ViewFinder's best selling floor lamp is adjustable in height and can easily aim light where it is needed.

Portable Lighting

A lighted magnifier is useful for reading in places with poor illumination whether it be the menu in a dark restaurant or the thermostat in your home. Magnifiers in all powers are made in illuminated versions with either halogen, incandescent or LED light.



The new **PowerMags** by Optelec have bright LED illumination. The bulbs never need to be replaced and the batteries last up to 50 hours.

They are available in hand and stand models in

powers from 3X to 10X.



The Phorm Portable Light is compact and can be used to help with reading or seeing food in a dark restaurant.

Panther Lighted Anywhere Clip-Ons attach to eyeglasses, screwdrivers, pens and many other places where lighting is needed.



Another great lamp to take to a dark restaurant. The Tower Lamp is rechargeable and can be used as both a portable table lamp or a flashlight.

Miscellaneous News:

- ◆ViewFinder Teacher & Student Low Vision Aid Grants are distributed at the end of each quarter. Please request a grant at info@viewfinderlowvision.com.
- ◆ViewFinder College Scholarship application form is due by April 30, 2006. This scholarship is available to all college students. Please request an application at info@viewfinderlowvision.com.

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