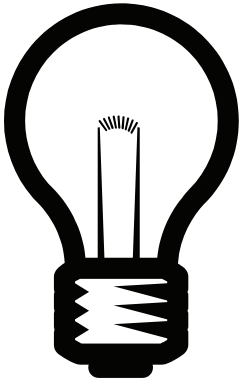


Enhancing Low Vision: Lighting



Thomas Edison produced the first commercially successful incandescent light bulb over 125 years ago. Today there are many types of lighting choices available. Each lighting type has its pros and cons. It is important to consider all your options when learning to adapt to and live with the challenges of low vision.

Finding the right light for you is the most important thing. What works for one person may not work for another. To help establish some guidelines to help in your search for the best light for you, here is some basic lighting information.

There are two main categories of lighting:

General or Overhead Lighting – These lights illuminate an entire space or room.

Task Lighting – This lighting is used for a specific activity, such as, reading, writing, knitting, etc.

Types of lighting:

Incandescent – A yellow light commonly used as a light bulb for a light fixture, desk or table lamp.

Fluorescent – A tube light, which gives off and even blue light. Very inexpensive and is often used in public buildings and places. This blue light can often be harsh due to brightness and can flicker causing eye strain.

Halogen – Provides excellent contrast with the brightest and whitest light. It is great to use when lots of light is needed. However, the bulb burns very hot and can pose a fire-hazard if caution is not taken. Never leave a halogen light on unattended and make sure that it is not operated near flammable materials, such as, curtains and draperies.

