**Why is lighting so important?**

Our eyes need light in order to send visual images to our brain. As we get older, the amount of light our eyes pick up reduces, meaning that from the age of 60 it’s likely that we’ll need three times as much light to see clearly than we did when we were 20.

If you have a visual impairment, good lighting can increase clarity and help you make the most of the sight you have. It can also make your home safer too. Our eyes can take up to 12 minutes to adjust to differences in light levels between rooms and it’s in these moments that we are at greater risk of falling or tripping. By keeping lighting levels consistent throughout the home you can reduce these risks. Using lighting from more than one source will also help reduce the effects of shadows and dark corners.

It is important to make the most of natural lighting around the home, but take care to avoid glare which can be painful and reduce visibility. By positioning your furniture so that you have your back to the window you can let natural light shine over your shoulder and minimise glare from direct sunlight.

There are many simple ways to improve lighting around your home. For more information speak to a member of staff.

**Top tips for lighting your home**

* White ceilings and white or light coloured walls will help reflect light throughout the room to ensure it is well lit.
* Keep window sills clear and avoid using net curtains to allow as much natural light in as possible.
* Horizontal or vertical blinds can help to reduce glare and control daylight.
* Lighting at the head and foot of stairs can reduce the risk of falls.
* Task lighting under cupboards can be used when preparing foods in the kitchen to help prevent injury.
* When using task lighting, keep lamps at nose level to avoid shining into eyes.
* Paper globe shades can be used on pendant ceiling lights to prevent a direct view of the bulb.
* Use LED light bulbs to simulate natural day light to help illuminate a room whilst reducing eye strain, specifically B22 LED bulbs with a colour temperature of 6500K.
* Providing dimming options on lighting will help accommodate varying needs.
* Uplighters can be used to illuminate darker areas. As light is directed away from direct sight, it will help reduce the effects of glare.