

Did you know? - ...

Identifying and distinguishing the colour and shapes of clothes could be a daily task that is more difficult for people with a visual impairment. These tips and hints could potentially help:

- Organise your wardrobe in colour/item order, ask a family member or friend to help you
- Place whole matching outfits on the same hanger to avoid colour clashes
- Buy all the same coloured socks, unless you prefer to wear odd socks!
- Cut clothes labels to indicate different colours, for example the bottom left corner removed indicates the item is blue and so on
- Sew different shaped buttons onto clothing as a tactile indicator of clothing/colour
- Use technology, for example, a Pen Friend labeller, washable labels can be purchased to use with it
- Seeing AI and Envision AI apps can be used to detect colour
- Use the Be My Eyes app and ask a volunteer to describe the item to you

You can contact your local sensory team for practical advice, information and support around your sight loss and you may be eligible for a Sensory Impairment Assessment. In York, this is the Yorsensory Team, 01904 202292 or email enquiry@yorsensory.org.uk.