# Making an Accessible Home/Living Space

## Definitions

Making a home or living space accessible depends on who will be living in the home. For some, accessibility in the home may include tactile markers, for others, bright colors or indicators may be required. What makes your home accessible might not be accessible to another individual with vision loss.

By making slight adaptations to the home, you can gain independence with everyday domestic chores and responsibilities. Examples of adaptations can include using bump dots to locate a certain feature on a washing machine dial, using a piece of Velcro to locate the number five on the microwave (this way you can locate every other number), or using puffy paint to identify your different measuring cups and measuring spoons. Other adaptations can include how you set up your home. For example, rugs can be used to align with door frames to help you easily navigate your home without the need for your cane (i.e., the edge of the rug can be felt with your feet, you then know following the edge will take you to your kitchen). There are many other ways to adapt your home and you may already have things in your home adapted for you.

Here are four suggestions to help keep your living space organized and keep items accessible for when you need them:

* Avoid clutter.
* Make sure every item has a designated place.
* Sort items according to the frequency of use.
* Create a system for documents and letters.

Although this list only includes four suggestions, it is a start to help you organize your space and ensure your items are easy to find when needed.

## Guiding Questions

* What adaptations or accommodations do you currently use in your home?
* Are there adaptations you have been exposed to in the past, but do not have in your home? For example, if you attend a school for the blind, are their physical accommodations you use at school but not at home?
* Do you think you could be more independent with the use of adaptations in your home?

## Resources

[Overview of Independent Living](https://www.perkins.org/resource/independent-living/) – Check out this resource to familiarize yourself with all aspects of independent living.

[7 Ways to Adapt Your Home for Vision Loss](https://assileye.com/blog/adapt-your-home-for-vision-loss/) – This resource explores ways an individual can adapt their home to assist them in continuing to complete everyday tasks.

[Maxi-Aid Bump Dots](https://www.maxiaids.com/product/mixed-bump-dots) – This resource explores bump dots. Bump dots are a great way to adapt household appliances to allow a user with vision loss to use them independently.

[Organizing and Labeling Clothing, Laundering, and Housecleaning Tips When Blind or Low Vision (aph.org)](https://aphconnectcenter.org/visionaware/living-with-blindness-or-low-vision/daily-living-skills/cleaning/) This article provides practical tips and suggestions to help you simplify tasks, from labeling clothing and organizing your closet to efficiently washing laundry and maintaining a clean home.

<https://www.innosearch.ai/> This shopping platform is designed to make online shopping easier for everyone, especially catering to the needs of the blind and visually impaired community.

[7 Affordable Accessibility Home Hacks! (YouTube)](https://www.youtube.com/watch?v=blqWThMo4eM) This video, recommended by Kat Kirbaba (Student Advisory Member), offers tips from Molly Burke. Molly Burke is a motivational speaker and YouTube influencer who is blind. In this video she offers some affordable solutions for home accessibility.