

SENIOR LIGHTING CHECKLIST - AGING EYE & VISUALLY IMPAIRED

Use this checklist to begin your lighting evaluation. [Click Here for Printable PDF.](#)

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Exterior Lighting

- House numbers – illuminated for guests & emergency personnel
- Walkway – illuminate changes in surface, elevation, and curves in the path of travel, clear plants blocking light
- Stairs – light top and bottom stairs and landings using porch light, illuminated handrail, step lights, avoid direct glare
- Front porch – diffuse light to reduce glare and see visitors
- Front door – guests, doormat, doorknob, keyhole
- Secondary entrance door – doormat, doorknob, keyhole
- Parking – pathway to building
- Garage – transition into building

Interior Lighting

- Entry – welcoming and bright
- Hallways – transition lighting between rooms
- Stairs – light top and bottom stairs and landings
- Art & Photographs – bounce light off walls into room, avoid glare with attention to aiming angles
- Reading – task lighting with proper aiming angle or audio books
- Stereo and TV controls – bright light for dark lettering and small print, or keep flashlight handy
- TV & Computer Screens – block reflected glare from lights & windows, use accessibility features and large monitors, add layer of ambient light
- Telephone – Big button phones with lights that flash for incoming calls available from www.californiaphones.org/
- Living – layers of light for variety of activities
- Dining – bright light for food and beverage, increase contrast with white plates on dark place mats
- Kitchen – tasks - measuring, chopping, cooking, cleaning - mark key positions on stove and appliances, increase contrast, pour coffee into white cup
- Counters – light for setting things near the edge
- Bathroom – mirrors, bathing, makeup, shaving, warm tone nightlight
- Medicine Preparation – read prescription medicine, ability to distinguish between similar colors, label with dark marking pen
- Shower – wet listed fixture
- Bedroom – layers of light for relaxing, napping, reading, TV, suitcase packing

Finishes & Materials

- Switches – many options - illuminated switches are easy to find in the dark, 3-way switches for both ends of stairs and hallways, remote controls, dimmers, non-dim for fluorescent and LED, timers and solar sensors for exterior entry lighting, motion detectors for seldom used outdoor pathways
- Night time path – circulation lighting, consider adaptation time, consistent light level between spaces, warm tone night lights
- Night lights – warm tone for healthy circadian rhythm
- Flashlights – ready for power outages
- Contrast – avoid visual confusion from distracting patterns or due to poor contrast between walls and floor
- Direct Glare – evaluate line of sight into fixtures, cover exposed bulbs with diffuser, avoid clear bulbs.
- Reflected Glare – relocate light or task to eliminate reflections, minimize shiny surfaces
- Shadows – avoid hard shadows, they look like edges or steps
- Skylights – can balance and increase daylight and can create harsh shadows, add diffuser for softer shadows
- Paint – lighter colors - Light Reflectance Value (LRV) ceiling 75-90 walls 60-80, matte finish to reduce glare
- Window coverings – let light shine through sheer or diffuse materials
- Floor coverings – non glare, subtle pattern, light colors
- Cabinets – white interior
- Closets – color balanced source 82+ CRI (Color Rendering Index)
- Hobbies – light for tasks and safety
- Wood Shop – Use new electronic ballasts in fluorescent fixtures to prevent a strobe effect. The old-fashioned magnetic ballast might make a rotating blade appear to be stationary.

[Scott Landis, Shedding Light in the Shop, Jan-Feb 1993, American Woodworker, pages 23-26]

[Contact us](#) to plan your lighting upgrades for your new or existing home.

Do not exceed the lighting fixture manufacturer's wattage limits.

Hire a professional to install or rewire your lighting equipment, see [links](#) for contractor recommendations.

With adequate lighting you will enjoy your favorite activities in safe, well designed spaces.

Visit our other visually impaired and senior lighting resources: [Aging Eye Science](#) | [Aging Eye Solutions](#) | [Lighting Design Service](#)

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