Overview

Adjusting to vision loss is a process. Initially, your family members or clients may be filled with doubts about whether they will be able to live more independently. And you may be uncertain how to help them become more independent. But growing optimism can replace those doubts and uncertainties as your clients or family members learn different ways to complete the everyday tasks that they once performed with vision. You can suggest the techniques, adapted aids, and resources described in this course to your family members or clients to help them live more independently. As its title implies, the content of this course concerns many activities across the day. The course gives you information your clients or family members can use to carry out the many tasks of daily living in a competent, more independent way.

The course is divided into seven lessons; each one concerns a different aspect of a blind or visually impaired person’s daily life. Lesson 1 describes ways to safely move through familiar environments. Lesson 2 presents various tips for managing personal care. Lesson 3 suggests food-handling techniques. Lesson 4 suggests a number of housekeeping techniques. Lesson 5 explains how to efficiently manage time and money matters. Lesson 6 is optional if your family members or clients live outside the United States,
as it identifies resources that blind or visually impaired U.S. residents can access, the roles these resources play, as well as the benefits and services they offer. Lesson 7 describes recreational activities that blind or visually impaired people enjoy. Throughout the course, you will encounter a variety of useful tips and techniques suggested by former Hadley students. You may find their ideas helpful for your blind or visually impaired family members or clients. You are also encouraged to share your ideas with your instructor so that they can be incorporated into future revisions of this course.

No prerequisites are needed to enroll in this course. To complete it, you will need writing materials in the medium of your choice as well as the materials that The Hadley School has provided. These materials include

- Sock tuckers
- A wire-loop needle threader
- Tactile markers
- Egg rings
- A signature writing guide
- An envelope writing guide

All of the course materials are yours to keep. Duplicate or similar adapted living aids can be ordered through the specialty product catalogs
included in the Resource List. You can also peruse the Resource List for contact information on the various organizations mentioned throughout the course.

If you are taking the recorded version of this course, you will also need a cassette recorder. For your convenience, each new lesson begins on a separate cassette. Each cassette is tone indexed for your convenience: in fast-forward or rewind mode, assignments are identified by a single tone.

With the exception of Lesson 6, which is optional for non-U.S. residents, you are required to submit the assignment at the end of each lesson. Complete each assignment in the medium of your choice (e.g., large print, braille, audiocassette, or computer disk), then send it to your instructor before beginning the next lesson. Mail your assignments to The Hadley School for the Blind, 700 Elm Street, Winnetka, IL 60093. If you are blind or visually impaired, you may use an envelope labeled Free Matter for the Blind, provided your assignments are in braille or large print (14 point or larger), on cassette or computer disk. To fax your assignments, or to send them electronically, contact your instructor for further instructions.
Whereas Lesson 1 described ways for blind or visually impaired people to safely and competently move through familiar environments, this lesson suggests ways for them to manage various personal care activities. It offers ways to organize, identify, and adapt items to handle personal care needs, to coordinate a wardrobe, as well as to launder and mend clothes. Familiarizing yourself with these personal care techniques will enable you to help someone experiencing vision loss to live more independently.

**Objectives**
After completing this lesson, you will be able to suggest ways to help a client or family member practice
a. Using personal care items
b. Coordinating a wardrobe
c. Laundering clothes
d. Mending clothes

**Using Personal Care Items**
How can you help your family members or clients locate the items they need to perform personal care tasks on a regular basis? This section offers suggestions you can give them for identifying,
organizing, and adapting the items they use to take medications, groom themselves, or apply makeup.

The bathroom is the logical place for using many of these personal care items. Therefore, an important first step entails making the bathroom safe. You can help your clients or family members assess their bathrooms and, if necessary, make the following changes:

- Purchase nonskid rugs or mats.
- Buy towels, washcloths, and bath mats in colors that contrast with the tub and tile, if there is residual vision.
- Line the bottom of the tub or shower with a nonskid mat, friction tape, or patterned appliqués.
- Install a grab bar on the edge of the tub or a railing on the shower wall.
- Consider additional lighting—impervious to dampness—over the tub and shower area.
- Replace a white toilet seat with one of a contrasting color.
- Replace cabinet doors with sliding doors to avoid bumping against them (or teach others to keep cabinet doors closed at all times).

Implementing these changes will make the bathroom a safer place in which to practice new ways of taking medications, grooming, or applying makeup.

**Medications**

How can your clients or family members be sure they are taking the correct medication in the
prescribed dosage at the right time? Sometimes, the size and shape of the container provide enough information to help recognize the medication. In addition, pills in identical containers can sometimes be distinguished by their unique shapes, sizes, or textures. Likewise, various pill organizers can help your family members or clients sort medications. Some organizers are quite simple, with one compartment for each day of the week. Others feature more than one compartment for each day. For example, they have various compartments for morning, noon, evening, and bedtime labeled in print and braille. A pill splitter also enables your family members or clients to split pills or caplets safely and easily. Have them consult a pharmacist or the Resource List for information about what’s available to eliminate the worry over taking medication.

To correctly differentiate between medications, your clients or family members can choose from a number of labeling devices. For example, raised markers include anything that can be placed on specific items for quick and easy identification by touch. They can be used throughout the house to categorize medications, differentiate between similar containers, and indicate dial settings on equipment. Raised markers are available in different shapes and sizes from the specialty product catalogs listed in the Resource List. Or they can be made from moldable epoxy putty bought at a local hardware store. Rubber bands are another labeling device that effectively
distinguishes one container from another. Similarly, self-adhesive labels that indicate the name of the medicine in either large print or braille work well.

It’s important not only to label medicine, but to also remember the system. For example, if your clients or family members take two pills, three times a day, two large markers affixed to the container could indicate the dosage and three smaller markers could indicate the frequency. Initially, urge them to keep notes on their marking system to refer to in case of uncertainty or forgetfulness.

An ointment cannot be easily differentiated from toothpaste, which is also packaged in a tube. Therefore, why not suggest wrapping a rubber band around the toothpaste tube and putting raised markers on the ointment tube?

Taking liquid medicines requires some practice for the blind or visually impaired person. You can suggest these helpful tips and techniques to your family members or clients. One solution for applying eye or ear drops is purchasing a dispenser with a tiny bulb that releases single drops when squeezed. Some droppers enable the user to extract an exact teaspoon measure, provided the user squeezes the bulb completely flat before drawing in the liquid. Others, shaped like large syringes, measure up to one tablespoon of liquid. It’s as important to select a dispenser appropriate for the type and amount of medication involved as it is to purchase a separate dropper for
each medication. Marking the dropper syringes also helps to measure the medication. For example, small notches can be cut along a plastic plunger to indicate the half-teaspoon, one-teaspoon, two-teaspoons, and one-tablespoon marks. For various measurements, several syringes marked accordingly make the job easier.

A first-aid kit is a household necessity. Available at most drugstores, these kits contain the necessary items for tending to minor injuries; for example, first-aid ointment and gauze. A pharmacist can help decide what will be needed to treat common injuries. Once your clients or family members are familiar with the contents of the first-aid kit, they could use tactile markers to differentiate between items that appear similar.

A variety of adapted devices are now available for use at home; for instance, talking blood-pressure monitors and thermometers. Leon, a writer from Tennessee, reports that the whole family enjoys his talking scale. The scale helps him maintain his weight, because it announces his weight to everyone within earshot! If your clients or family members have diabetes, complete blood glucose monitoring systems and blood sampling devices are now available. Why not have them consult the Resource List or ask their pharmacists for information on the availability of these products? In addition, Hadley offers a course entitled “You, Your Eyes, and Your Diabetes” that might benefit your family members or clients who also suffer from diabetes.
Hygiene

Attending to personal care becomes easier after your family members or clients have organized the items they use routinely. For example, grouping frequently used items on the lower shelves of the medicine cabinet makes sense. Most toiletries are easily identified by their sizes and shapes, so purchasing products in differently shaped containers whenever possible helps tremendously. Moreover, toiletries packaged in plastic, rather than glass, keep the bathroom safer. Also, rubber bands, tape, string, or raised markers can be wrapped around bottles and tubes of similar shapes, such as shampoos and conditioners, to distinguish them. No matter how they’re labeled, however, items should be returned to the same place each time they are used.

Taking a shower or a bath presents no particular difficulty for your clients or family members once faucets are marked in a way that indicates the desired temperature. To do so, both the wall and the rotating handle should be marked, and the markings aligned. Some faucets offer a special “Scald Guard” feature to prevent accidental burns. For added safety, advise your family members or clients to turn on the cold water before adding hot water, and when they’ve finished, to turn off the hot water before the cold. Similarly, they might want to test the water before stepping in the bathtub or shower. How would they determine how much water is in the tub? Those with residual vision could affix a contrasting strip of tape at the
desired level. Or, if they are blind, they could drape a towel over the tub and turn off the water when its edge becomes wet. A water-level indicator offers another solution, as does floating a brightly colored toy in the water.

Do your clients or family members complain that the bar of soap disappears from time to time? Liquid soap dispensers, either freestanding or wall-mounted, may solve the problem. Another option is for your clients or family members to simply get in the habit of returning the soap to the same place every time; for instance, to the shower caddy. Alternatively, some of them might buy soap on a rope, hang it around the neck while bathing or showering, and then hang it from the shower arm or faucet where it will be easy to locate the next time.

Most people notice hairstyles. So, encourage your clients or family members to ask their friends or stylists to suggest techniques to manage their hair. Friends or stylists can also offer advice on choosing a simpler, more carefree hairstyle that looks and feels good. For hairstyles that require a blow-dryer, curling iron, or hair rollers, it’s safer to select equipment that is plastic, rather than metal, whenever possible. Doing so minimizes the chance of burns from touching a hot appliance.

Depending on the style, combing, brushing, and parting the hair may take practice. So, when uncertain of the results, encourage your family members or clients to double-check with a friend. Marlene, a caterer from Vancouver, parts her long
hair one of two ways: She leans over until all her hair falls forward. Then, she puts the point of a wet comb at the crown of her head. As she draws the comb toward the back of her head, she pushes each half back to separate her hair. Wetting the comb helps keep her hair in place. Sometimes, she pushes all her hair to the back of her head before using the comb in the same way. No matter which method she uses, however, she checks the part with her fingertips to ensure that it is straight.

Brushing teeth is a tactile rather than visual activity. Your family members or clients can wrap rubber bands around their toothbrushes to distinguish them from others. Or, suggest that they file a groove in the handle to mark the toothbrush. Accurately aiming the toothpaste directly on the brush and gauging the right amount can be problematic. You can suggest that they first nestle the bristles between the thumb and index finger and then squeeze a small amount of toothpaste on top of the bristles. Another foolproof method to suggest is to squeeze the paste directly into the mouth from a tube marked with a rubber band (to distinguish it from ointments).

Nails, too, are frequently noticed by others. Here are some suggestions for you to give your clients or family members to help them care for their nails. Brushing each nail gently across the lip helps detect any rough areas that need filing or buffing. If your family members or clients are short on time or less inclined to keep nails neatly groomed, a manicure offers a convenient solution.
Feet are especially vulnerable for diabetics, who should never rely on over-the-counter preparations for removing corns or ingrown toenails because the acidic ingredients may cause infection. Extra care is also required when cutting toenails. Since nails are trimmed more easily when soft, why not suggest using a nail trimmer after soaking in a bath? Alternatively, encourage your family members or clients to ask for assistance or to get a pedicure occasionally.

**Cosmetics**

If your family members or clients do not wear makeup, feel free to jump to the next section of this lesson. If they do, this section offers tips for you to suggest on how to apply it more skillfully.

As with all frequently used items, it’s essential to begin by labeling each item so that it can be readily distinguished from others. Above all, encourage your family members or clients to establish a system that suits their needs; for example, grouping and labeling eye makeup, lipstick, and nail polish by warm tones (i.e., browns and reds) and cool tones (i.e., blues and purples). Another helpful tip is to purchase a separate container for each color, and then label each item using large print, raised markers, or braille labels. Various tubes of lipstick stored upright in a lipstick holder can be readily discerned from each other by labeling the top of each tube in braille, and then running a hand across the tops of the tubes to locate the desired
one. Another technique is to label each product by number in the order in which it is applied.

If your family members or clients have always worn makeup, the same techniques still apply. It’s probably just a simple matter of modifying them. For instance, suggest that rather than liquid foundation, the combination powder-foundation might be easier for them to apply. Excess powder can be removed from the hairline and eyebrows with a tissue. Blush can be applied by tracing the shape of the cheekbones with a finger.

For eye makeup, limiting shadow to two colors and maintaining a consistent pressure when applying and blending it makes the process simpler. Veronica, a sales representative from Pittsburgh, suggests powdered eye shadow because it goes on more smoothly than liquid or cream. She uses her fingertips to achieve a well-blended effect. To avoid smudges, she applies mascara to her upper lashes only. It may be easier to avoid mascara altogether if the eyelashes are dark enough.

Because the shape of everyone’s mouth is unique, lipstick can be applied using different techniques. Before she starts, Veronica parts her lips, pulls them taut, and traces them with her index finger. Until she became more proficient, she chose a light-colored lipstick that could easily be removed. If your family members or clients are somewhat shaky, suggest that they rest the elbow on the table and the chin on the fist. Whether blind or sighted, some people start at the center of the
top lip, trace the left side of the lip, return to the center, and then trace the right side. From the center of the lower lip, they repeat the procedure. Other people prefer one steady stroke from the right to the left. Either way, they press their lips together once the lipstick is applied and then blot it gently with a tissue. Trouble spots are the corners of the mouth, the cleft above the upper lip, and the front teeth—it’s a good idea to dab at those with a tissue to be sure.

Magnified, illuminated, compact, or travel-size mirrors are available to use to check the results. Nevertheless, until your clients or family members can confidently apply makeup, urge them to seek a second opinion. Remind them that it’s important to replace products every three months to avoid eye infections. Using old mascara, for example, can lead to infections because it provides the perfect environment for certain bacteria to multiply.

This section focused on ways for your family members or clients to effectively handle everyday personal care needs. It presented different methods for taking medications; caring for hair, teeth, and nails; as well as applying cosmetics. Can you think of other techniques that might help them achieve their goals of independence?

**Coordinating a Wardrobe**

Ever wonder how someone coordinates clothing without the ability to distinguish colors and patterns? This section describes ways to organize a wardrobe, identify clothing, and shop for clothes.
It also describes adapted aids and techniques that can help your clients or family members achieve the looks they want.

**Organization**

An effective way to begin to coordinate a wardrobe is to organize the closet. A good starting point is to group the components of each major outfit together: shirt, pants, and jacket, for example. Another option is to separate clothes according to the different seasons. Yet another way to organize the closet is by usage. For instance, some people keep the clothes they wear around the house in one section of the closet and those for dressy occasions in another. The best system, however, is the one that works for the individual wearing the clothes.

Shoes and other accessories can be organized, as well. For example, dividers placed in drawers separate items so they are easy to retrieve. Sock tuckers ensure a matching pair every time. Likewise, eliminate guesswork by bagging scarves and belts then hanging them with the outfit they complement. Small items—jewelry, for example—can be stored in boxes that have individualized compartments.

The suggestions outlined here are not the only ways to organize clothing, but they’re a starting point. Eventually, your clients or family members will individualize the process. Once a particular system works well, it becomes a real time-saver. It
also decreases their worries of facing the world in mismatched socks or shoes.

**Identification**

A garment’s characteristics may be all that your family members or clients need to identify it, such as the texture of the fabric, shape of the collar, type of buttons, or length of the sleeves. But how can they identify its color or pattern? You can suggest any of the following techniques:

- Some people create their own hanger labels by using small cards with a hole punched near a corner on each card, which allows each card to hang over the crook of a hanger. Then, it’s a matter of devising a coding system to separate color groups. For example, one dot might indicate blue, two could mean black; three, brown; and so on. Affixing the required number of dots on the cards is easy using glue or commercially available raised markers.

- Another system is to cut cards into various shapes, and then attach them to the garments or their hangers. For instance, triangles could indicate blue garments, squares would indicate stripes, and so on.

- A safety pin in the seam, hem, or pocket is another way to identify colors or patterns. For example, a pin to the right of the tag could indicate a red garment, while a pin on the left stands for plaid. Once the coding system is
workable, small safety pins can be positioned on shirttails, side seams, cuffs, and waistbands.

- Consult the Resource List for suppliers that sell different types of ready-made garment identification labels, such as matchmaker pins. These are safety pins that have special plastic covers with large tactile dots for color-coding the wardrobe.

- Button markers sewn on the labels is another technique that works well. In this case, each button shape represents a different color or pattern.

- If your clients or family members do not read large print or braille, a card recorder kit presents another solution. Such a kit includes a small specialized recorder that records and reads a message created on a strip of tape or card. Of course, it could indicate more than just color. Cards of various sizes and reels of tape that can be applied to any card are available. The reel design enables the backing to be stripped from the magnetic tape as needed. Once affixed, the recorded information can help identify the various garments.

- Once your clients or family members are braille literate, braille tags can be sewn into clothes or affixed to cards to identify the colors and patterns of the clothes. The cards can either be pinned to the garments or attached to the hangers after punching a hole in each of them. Juan, an investment banker in Mexico City, contends that
if he marks his clothing, rather than its hanger, it is easier for him to identify his clothes after washing them. In fact, your family members or clients might prefer to identify the actual garment since it can then be identified not only on a hanger, but in a pile of laundry, as well.

**Clothing Purchases**

Shopping need not be problematic or time-consuming for your clients or family members. Some successful shoppers find a favorite store and enjoy dealing with the same salesperson. Over time, these salespeople learn what looks good on their clients and call them when particular styles are on sale. Today, a number of stores offer personal shopping services at no additional fee, often outside regular business hours. Other stores provide consultants who, for a fee, offer advice on what styles and colors look best on their clients. This expert advice not only simplifies shopping but helps a person assemble a well-coordinated wardrobe, as well.

Although it’s important to choose colors and styles that are becoming, people generally prefer to wear what their lifestyle dictates. These additional pointers may come in handy for your family members or clients when they update their wardrobes:

- Solid colors show spots more clearly than prints, plaids, or stripes.
- Dark colors show lint and hair more easily.
Light-colored garments readily show stains. Clothing in complementary colors can be easily mixed and matched.

To ensure the well-groomed and fashionable look necessary to meet any situation with success, suggest that your clients or family members enlist someone’s help to inspect clothing. That is, they should set aside any clothes that have been worn until someone checks them for stains, snags, or holes—including shoes. Shoes need to look as clean and polished as the rest of the wardrobe. If there are pets in the house, a brush and lint roller should be on hand to remove dog or cat hair.

Eliminating guesswork helps ensure a well-groomed, coordinated look. This section offered suggestions to help your clients or family members to organize, identify, and shop for clothes so they can achieve their desired looks, whether casual or formal.

Laundring Clothes
Clean, wrinkle-free clothes are essential to presenting a well-kept appearance. This section provides tips you can give your family members or clients on how to organize, label, and adapt the equipment and supplies they need to tackle laundry chores.

Appliances and Supplies
Regardless of where the laundry gets done, it’s important for your clients or family members to know how to operate the appliances themselves.
Therefore, work with them to develop a method of labeling the dials on the washer and dryer. One way to do this is by creating a template that fits over the dial, which can be carried back and forth to the laundromat. On the other hand, if they own the washer and dryer, they could use raised markers to mark the most common settings. Transparent markers are especially useful for other family members since numerals and other markings on the dials can be seen through them. Alternatively, buying epoxy putty at a local hardware store, molding it into any shape, and affixing it permanently to the appliance is another option to consider. Initially, it’s easier to mark basic settings only. Then, add a few more, if necessary. When buying new appliances, it makes sense to look for manufacturers that provide braille markings or specially labeled equipment, as well as operating instructions in braille or on audiocassette.

Laundry detergent, bleach, and other supplies can be readily marked for identification. Raised markers, rubber bands, or staples can enable your clients or family members to use laundry supplies with a minimum of fuss, as do large print or, in time, braille labels.

**Washing and Drying**

As with any other household chore, organization lightens the load of washing and drying clothes. For instance, advise your clients or family members to pin matching items together (e.g.,
socks or linens) before placing them in the laundry hamper. It also makes sense for them to have someone put a safety pin on each stain so that once garments have been washed, someone can ensure that the spots are gone. Presoaking a garment in cold water and color-safe bleach eliminates the worry of missing undetected stains. Clearly marked laundry hampers or bags help everyone sort their own clothing by color or care. For example, the hamper or bag that holds dark colors could be marked with one tactile marker, while the one that holds whites has two markers. Though most dyes today are colorfast, marking hampers or bags ensures that a white T-shirt will not turn blue in the wash. Taking time to organize the laundry before washing saves time and frustration.

When emptying either the washer or dryer, some clothes will cling to the sides or bottom. Remind your clients or family members to get into a habit of moving both hands inside the machine to locate any strays. Likewise, moving a foot gingerly over the floor near both appliances helps find any dropped laundry.

**Ironing**

So many clothing items are advertised as wrinkle-free these days that ironing may be unnecessary. Sometimes, however, ironing is still a must (e.g., creasing pants, refreshing a previously worn item, or removing fold lines from a tablecloth). In addition, white and solid-colored fabrics usually
need to be ironed more frequently than stripes or prints. Your clients or family members can either do their own ironing, ask someone to help, or include dry cleaning expenses in their budget.

When ironing at home, they could remember some techniques to decrease the likelihood of a hand brushing against the hot iron, such as always returning the iron to its designated place on the board. Some people use an iron holder or safety guard. Annick, a receptionist from Montréal, returns her iron to a rectangular baking pan. She asked her husband to secure the pan to the ironing board by first drilling two holes in the pan and then threading a cord through the holes to anchor the pan firmly in place. Whether reaching for the iron or returning it to the pan, her hand always touches the side of the pan first. Moreover, she positions the iron upright, with the metal plate facing away from her, so that her hand avoids the hot surface when she picks up the iron.

A common technique to adjust an iron is to put a raised marker on the fixed portion of the control panel to indicate the most commonly used setting. Whether the iron features a movable dial or a sliding pointer, another marker is placed on the movable indicator, making it easy for fingers to align the two markings. Because a steam iron is more efficient than a dry one, a meat baster or small funnel could be used to fill it up with the required amount of water. For added ease, a cord minder keeps the cord off the fabric and out of the
way. It features a long cord that plugs into the wall outlet and an arm that holds it off the board.

Initially, your clients or family members may want to practice ironing with a cold iron until they have mastered the basic movements and placement. For this purpose, it’s easier to set the iron at its coolest temperature without adding water, which tends to leak from a steam iron used at low settings. Starting with something easy to iron also makes sense; for example, ironing a handkerchief or a pillowcase. Then, the heat setting could be increased. Some basic tips you can suggest include smoothing a section of the garment on the board before applying the iron; applying the hot iron with even strokes; remembering to keep the free hand well clear; repositioning the garment systematically across the board; and pressing uniformly. When inspecting with the free hand, cooler areas may indicate areas that were missed, so going over the garment once more ensures better results. Using a sprinkling bottle to dampen the area and then pressing with the hot iron once more also works quite well. One last tip involves keeping several hangers close by in order to immediately hang the garments. With time and experience, skills and self-confidence will steadily improve.

This section introduced useful tips and techniques to make laundry chores manageable for your clients or family members. Whether hand-washing a few items or using appliances to do the family’s laundry, organizing and labeling clothes
will reduce time and frustration. Can you think of other ways they can use to sort, launder, or iron clothing?

**Mending Clothes**

From time to time, everyone has to sew on a button, mend a tear, or change a hemline. This section suggests ways for your family members or clients to organize and label the materials they need to handle basic sewing tasks. It also describes the adapted equipment that can make these tasks relatively easy for them.

Again, organization is a must. Supplies and equipment need to be arranged and labeled according to a system that works for your clients or family members. For instance, boxes or tins help group and store supplies, such as yarn, needles, or specialty scissors. Pill bottles are a particularly effective way to sort and store buttons.

Labeling comes next. Initially, your clients or family members could label the most commonly used colors of thread. For example, one raised marker could indicate black thread; two, brown; three, blue; and so on. In this case, a code similar to the one that identified clothing colors could be used. In time, braille might allow them to identify additional colors. Indira, a professor in Seattle, places spools of thread in alphabetical order on dowels that are fitted to a board. She uses a braille labeler to mark each spool with the first letter of the color.
Whether your clients or family members undertake significant sewing projects or only do occasional mending, even the most basic sewing task involves threading a needle. Wire-loop needle threaders make this aspect relatively easy because they leave both hands free to thread the needle. With one hand, the wire loop is inserted into the eye of the needle. After winding the thread a few times around a common straight pin or a toothpick, the thread is passed through the wire loop. Then the threader is drawn back through the eye along with the thread. The short end is pulled free of the needle, the threader is removed, and an appropriate length of thread is cut. Another option entails using self-threading needles, which are generally available in most fabric stores. Self-threading needles are split at the top of the eye so that the thread can gently be forced down into it. If your family members or clients need to stabilize self-threading needles, suggest they use a cork to accomplish this, which would make the threading easier.

If your clients or family members have residual vision, they could make each sewing task easier to handle by placing the fabric to be sewn on a contrasting surface. A magnet can be used to quickly pick up needles and pins that accidentally drop. Or, your family members or clients could avoid sewing altogether by asking a friend to help replace buttons or repair seams. Similarly, the local dry cleaner may have a tailor on the premises who can also take care of basic clothing repairs.
Whether your clients and family members consider sewing a necessity or an enjoyable pastime, this section gave you suggestions to help them handle their basic sewing needs. Sewing on a button or repairing a seam becomes easier when the materials are organized and when adapted devices are used. But if these techniques are just not their style, sighted assistance is another option.

Summary

This lesson focused on the techniques your family members or clients can use to achieve a well-groomed appearance. Whether adapting personal care items, coordinating outfits, laundering clothes, or mending garments, did you realize how organization and labeling—essential to gaining independence—make all these tasks manageable for your clients or family members? Encourage them to experiment with the adapted devices and techniques suggested in this lesson. Practicing these personal care techniques can enable them to adopt more independent lifestyles.

Assignment 2

Complete the following assignment on a separate sheet of paper, cassette, or computer disk. Begin by stating your full name, student ID, address, and phone number. Also mention the name of this course, Assignment 2, your instructor’s name, and the date you plan to send the assignment to the Hadley School. Directions for sending your
assignments are included in the Overview to the course.

Answer the following questions. Limit each answer to approximately one print page or a one-minute recording.

1. Identify three ways that your clients or family members could organize, label, or adapt the personal care items they use on a regular basis.

2. Describe three ways that your family members or clients can tell one piece of clothing from another in their wardrobes. In particular, explain how they could discern colors and patterns. Together with one of your clients or family members, experiment with the tactile markers that were included with your course materials. How effective were they in helping coordinate the wardrobe? Suggest another aid that would make it easy to discriminate between articles of clothing.

3. Describe three ways that your clients or family members could make sorting, washing, drying, and ironing clothes more manageable tasks. Together with one of your family members or clients, experiment with the sock tuckers that were included with your course materials. How effective were they in helping your family member or client handle laundry chores? Suggest another aid or technique that would make laundering clothes easier to handle.

4. Describe three ways that your family members or clients could organize and label the items
needed for minor mending tasks (e.g., sewing on a button, hemming pants). Together with one of your clients or family members, experiment with the wire-loop needle threader that was included with your course materials. How effective was it in helping your family member or client mend clothes? Suggest another aid or technique that could make basic mending chores easier to handle.

This concludes Lesson 2. Now proceed with Lesson 3: Handling Food-Related Tasks.