



# ASSISTIVE TECHNOLOGIES FOR LOW VISION



## IMAGINE

**Do you wish items of your pantry could be readout to you?**

Do you wish you could make your cup of coffee with the right amount of water and milk?

Would you like to be able to independently control YOUR TV channels? Or check your own body temperature when you are sick?

There are various devices that can magnify text/images for you, read text aloud to you and alert you for an event.



## SEEK

**To find out more, you can...**

Phone **LifeTec** on **1300 543 383** to discuss options and suitability with a health professional

**Schedule an assessment here:**

**<https://lifetec.org.au/our-services/referrals/>**

Speak to your occupational therapist.

Use the National Equipment Database at **[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)** for further information on low vision technologies.



Liquid Level Sensor



Big Button Remote



Digital Magnifiers



Talking Thermometer



Adapted Games



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**LifeTec**<sup>TM</sup>  
Live your Potential

[www.lifetec.org.au](http://www.lifetec.org.au)



**CHOOSE**

**What can I choose from?**

There are assistive technologies that are specifically designed to enable people with vision loss to manage day to day activities. Here are some of the options:

**Meal preparation** **Talking kitchen appliances** like talking microwave, measuring jug, kitchen scales, liquid level sensor can help you to be more independent with meal preparation.  
**Labelling** items can help you to recognise items in your kitchen, using, Braille labels, raised 3D marking labels or scannable labels or a container with large print.

**Health and Safety** **Monitoring Systems** like talking weighing scales, thermometer, apps and devices can help to monitor your health parameters like blood pressure, sugar level, and body temperature, or monitor your activity like movement, falls, and location.  
**Medication Devices** like pill organisers, medication reminder and eye drop dispensers can reduce the support required from others to take medicines.  
**Alert Devices** give off signals using amplified sound, vibration, or visual signals such as flashing lights. These help to alert you to everyday events such as the doorbell ringing, a gas leak, fire, a baby crying, a telephone call or a wandering relative, and help to maintain a safe environment.

**Recreation** **Large size and print** playing cards are easier to hold and see.  
**Bell Balls** provide audible cue for games like throw ball, basketball, soccer ball, and cricket.  
**Magnification** using wearable magnifying glasses or magnifying sheets allow you to keep your hands free for activities like sewing, playing piano and painting.  
**Music players** with simple navigation keys and text-to-speech dials can make it easier to listen to music.



**LIVE**

LOOKS	ENVIRONMENT	FUNCTIONS	COST
Remember the 4 B's: <ul style="list-style-type: none"> <li>• Bigger</li> <li>• Brighter</li> <li>• Bolder</li> <li>• Bumpier</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure effective lighting at all times</li> <li>• Use colour contrast where possible</li> <li>• Keep things organised in a consistent place</li> </ul>	Options include: <ul style="list-style-type: none"> <li>• Magnification functions</li> <li>• Voice output or 'read aloud' options</li> <li>• Tactile objects and identifiers</li> </ul>	<ul style="list-style-type: none"> <li>• Devices can range from under \$50 to thousands of dollars</li> </ul>

**Contact details**

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**ihca**  
 supporting excellence  
**CERTIFICATION**  
 AS/NZS ISO 9001:2008  
 QUALITY CERTIFIED ORGANISATION

