Keeping safe and maintaining independence: older people and sight loss

Making lighting work for visually impaired older people

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Summary

- Prevalence of sight loss
- Importance of lighting
- Lighting equipment
- Lighting adaptations
- Supporting materials and services
Prevalence of sight loss

● Best estimates
  – 13% of those aged 75+ have serious sight loss
  – 33% of those aged 90+ have serious sight loss

● Sight loss is a normal part of ageing
  – 14 million people in UK over 60

● Specific eye conditions can make this worse
  – incidence increases with age
Prevalence of sight loss

- Sight loss affects everyday lives of 2 million people in UK
- Secondary to main reason for referral
- Most people with sight loss have some residual vision
- Lighting can help people to make the most of their vision
Pocklington research

- Findings from home visits
  - Low levels of lighting
  - Glare from light fittings
  - Slow adaptation to different levels
  - Poor control
  - Lack of available information / support
Pocklington research

- Assessments and adaptations to general lighting and task lighting in over 100 homes

- Light for Sight Good Practice Framework
Light for Sight

- 8 Key Elements
- Endorsed by 12 organisations including:
  - Department of Health
  - RIBA & RICS
  - VISION 2020 UK
  - College of Occupational Therapists
Good general and task lighting
Daylight

- Control with blinds
- Keep curtains clear of window
- Reduce external obstructions
- Keep windows clean
- Light coloured sills and frames reflect light into room
Improve energy efficiency

Move to energy saving lamps…. can be confusing!
Improve energy efficiency

- Replace incandescent tungsten filament
  - Tungsten halogen
Compact fluorescent (CFL)

Plug-in

Globe
Pear
Candle
Spiral
Double turn
Triple turn
Light Emitting Diodes (LED)

- LED lamps
  - Technology developing rapidly
  - High initial outlay, but cheap to run
Choosing lamps

- Ricability guide

- Now available!
Choosing lamps

- Lumens should be shown on packaging from autumn 2012

<table>
<thead>
<tr>
<th>Tungsten bulb</th>
<th>Lumens</th>
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</thead>
<tbody>
<tr>
<td>150w</td>
<td>2000</td>
</tr>
<tr>
<td>100w</td>
<td>1300</td>
</tr>
<tr>
<td>60w</td>
<td>700</td>
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General lighting

- Ceiling mounted
- Diffusing shades
  - Even lighting
  - Avoid glare
  - Hide direct view of lamp
General lighting

- Uplighters
  Light reflected from ceiling
Task lighting

- Adjustable task lights
- Portable task lights
- Ceiling or wall mounted spotlights
- Under cupboard lights
Lighting adaptations

- **Improve general lighting levels**
  - dimmable high frequency fluorescent in kitchen
  - brighter lamps (CFL) in diffusing shades
  - additional lights

- **Add task lighting**
  - fluorescent lighting under kitchen cupboards
  - mirror/shaver lights in bathrooms
  - lighting in wardrobes and walk-in cupboards
Hallway and stairs

- General lighting
  - Good level
  - No glare
  - Reveal steps

- Task lighting
  - Telephone

- Good contrasts
  - Surfaces
Kitchens
Bathroom
Bathrooms
Bedroom
Cupboards and wardrobes
Communal areas
Lighting - Top tips

- Tasks and movement around the home
- Amount of light
- Control – switching and dimming
- Diffuse, even lighting, no dark shadows
- Multiple light points
- No glare – no direct view of lamp
Lighting adaptations - Top tips

- Avoid disruption to decoration
- Use existing fixed wiring points
- Lighting track for additional lights
- Use existing electrical sockets
- Use micro-trunking for wiring if needed
- Convert existing twin sockets to triples
Seven characteristics of good lighting

Lighting should always be:
✓ Appropriate to each person
✓ Sufficient for activity and orientation
✓ Even, across different areas
✓ Adjustable for flexibility
✓ Energy efficient and sustainable
✓ Simple to install
✓ Adaptable for the future.
Multiple light sources
Lighting good practice guide

- Lighting in new and existing homes
- Guidance on specification
- Case studies
- Checklists
Adaptations good practice guide

- Practical guidance
- Adaptations
- Involving people
- Specific spaces
- Indoors and outside
- Checklists
Lighting booklet

- Advice on lighting
- Non-technical information
- Lamps and light fittings
- General lighting
- Task lighting
- Further sources of help
Lighting training

- One day workshop
- Lamps & fittings
- Demonstrations
- Practical exercises
- Case studies
- Design tools
Contact details

www.pocklington-trust.org.uk