

Task Lighting

Patient Information

Low Vision Service



The Patient Information Leaflets page on the Trust website is available on the link: <https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Introduction

When you have a visual impairment, it is important that you maximise your vision as much as possible.

Having the correct lighting can make a significant difference to what you are able to see.

We recommend task lighting, which is a flexible tabletop light that can be positioned over the activities you are doing.

These activities may include:

- Reading
- Writing
- Making a drink
- Preparing food
- Eating a meal
- Craft work, knitting, sewing etc

There are many good lighting options available so you may wish to shop around.

We recommend that the light is:

- flexible
 - table level (to sit on a table)
 - with white daylight, or a good quality LED
-

These are some places you may want to look to help you get started:

RNIB Shop

Website: www.rnib.org
Tel: 0303 1239999

Optima Low Vision Services LTD

Tel: 01803 864218
Email: sales@optimalowvision.co.uk

<http://www.optimalowvision.co.uk/>

Amazon

www.amazon.co.uk

search “LED Desk light”.

Further information on how to make lighting help further can be found on RNIB website or Macular society website.

www.macularsociety.org

www.rnib.org.uk

If you require further information about this, please contact us on

Low Vision Clinic **0300 707 2310**

Eye Clinic Liaison Officer **07729 080384**

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
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WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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