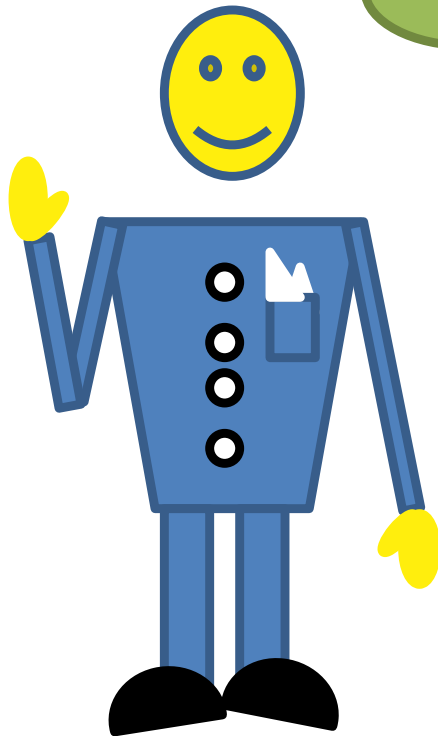


*Lifestyles Revisited - Educational  
Experiments 2011-2013*

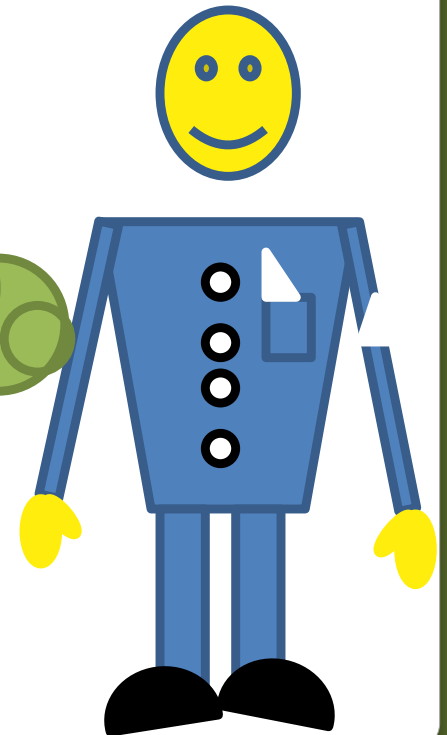
***„How to furnish a flat?”***

Hello! I am  
Tomek.

I will tell you the rules that  
should be obeyed if we want to  
furnish a flat of a blind or  
visually impaired person.

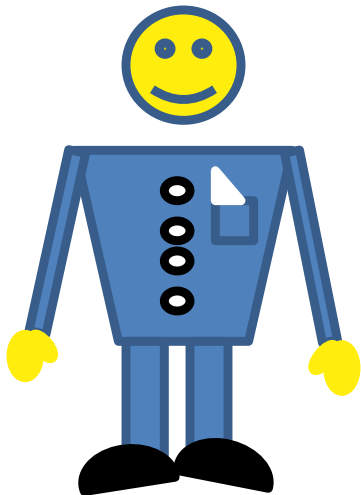


The lighting is the most important in the flat for a person with any visual dysfunction. Best if there is a possibility to light a flat with a natural light. However, please keep in mind that it changes together with the time of a day, season of a year as well as weather. Then it is necessary to choose artificial light proper for the needs of a given person.



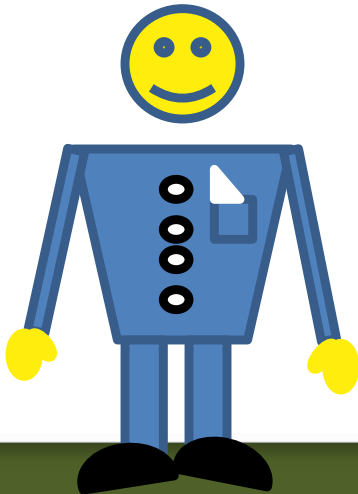
## LIGHTING – Tomek's advice

1. In order to control the quantity of natural light getting into the rooms it is worth installing sun blinds, roller blinds, sheer curtains or curtains. They allow to control the sunlight according to individual needs of occupants.



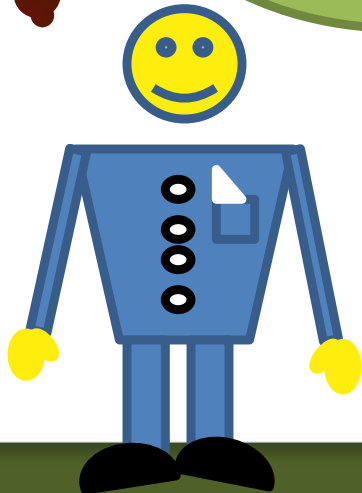
2. The choice of the type of artificial light is also connected with individual needs and visual dysfunctions. It is worth remembering about the following:

- It is better to use chandelier with more bulbs and possibility to control their strength, switch on and switch off.
- It is better to use the switch with dimmer. They allow to smoothly control the light level.





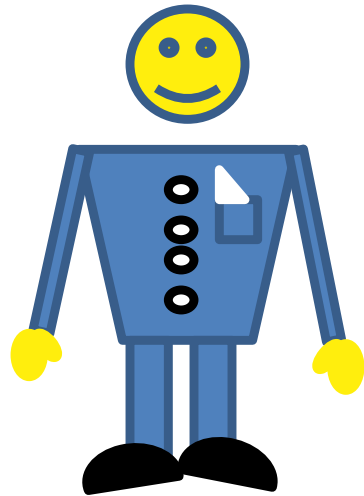
- Fabric, glass and lampshades should be smooth because as to not throw a shadow.
  - Additional light spots in workplace, meal preparation, reading. It is important that all the elements of lighting should have the possibility to control the light Level and the direction of its incidence.
- BRIGHT SURROUNDINGS = MORE LIGHT**





3. It is important to evenly light the rooms so there are no shadows and dark places.

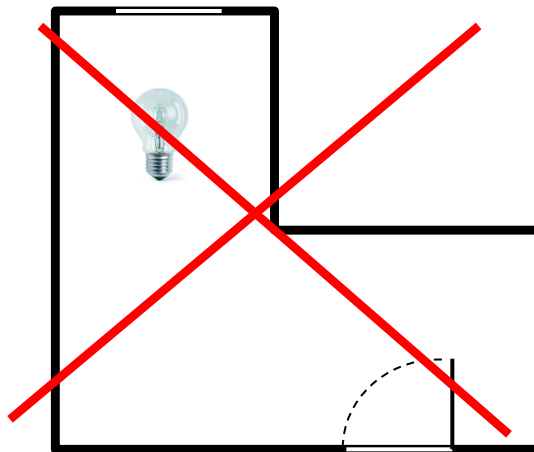
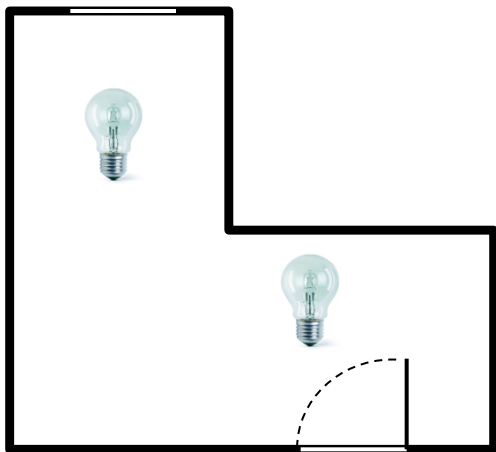
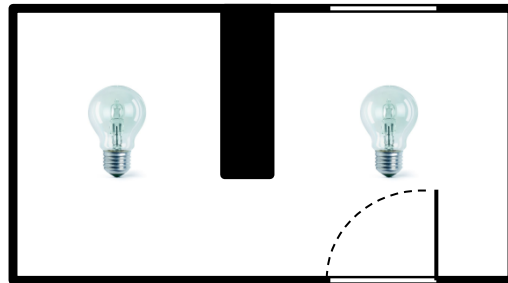
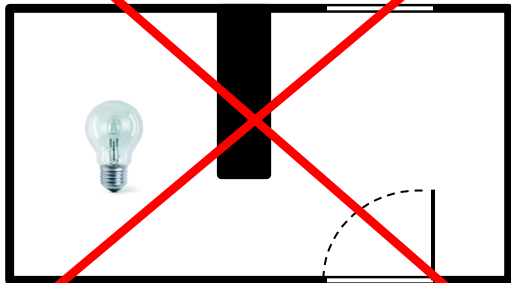
4. In the neighboring rooms the level of main lighting should be similar.



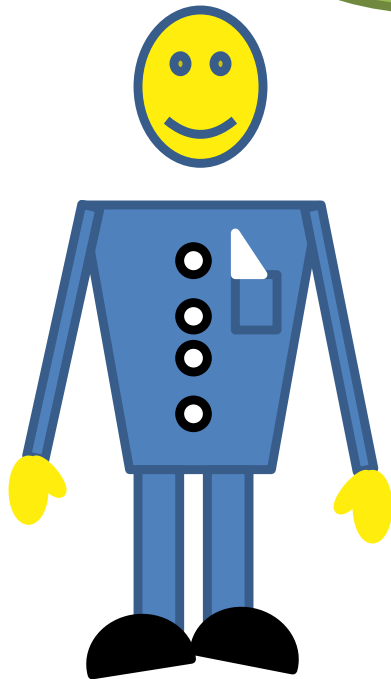
## **TASK**

The next slide presents the exemplary methods of placing the light in the room of non-standard shape and in the room with furniture non-standard location. Choose the picture illustrating the right placement. Then in order to check your option press space bar.





Another important issue is contrast and color which are of great importance for persons with visual dysfunctions. In order to set the contrast right, first we have to become familiar with the color wheel.

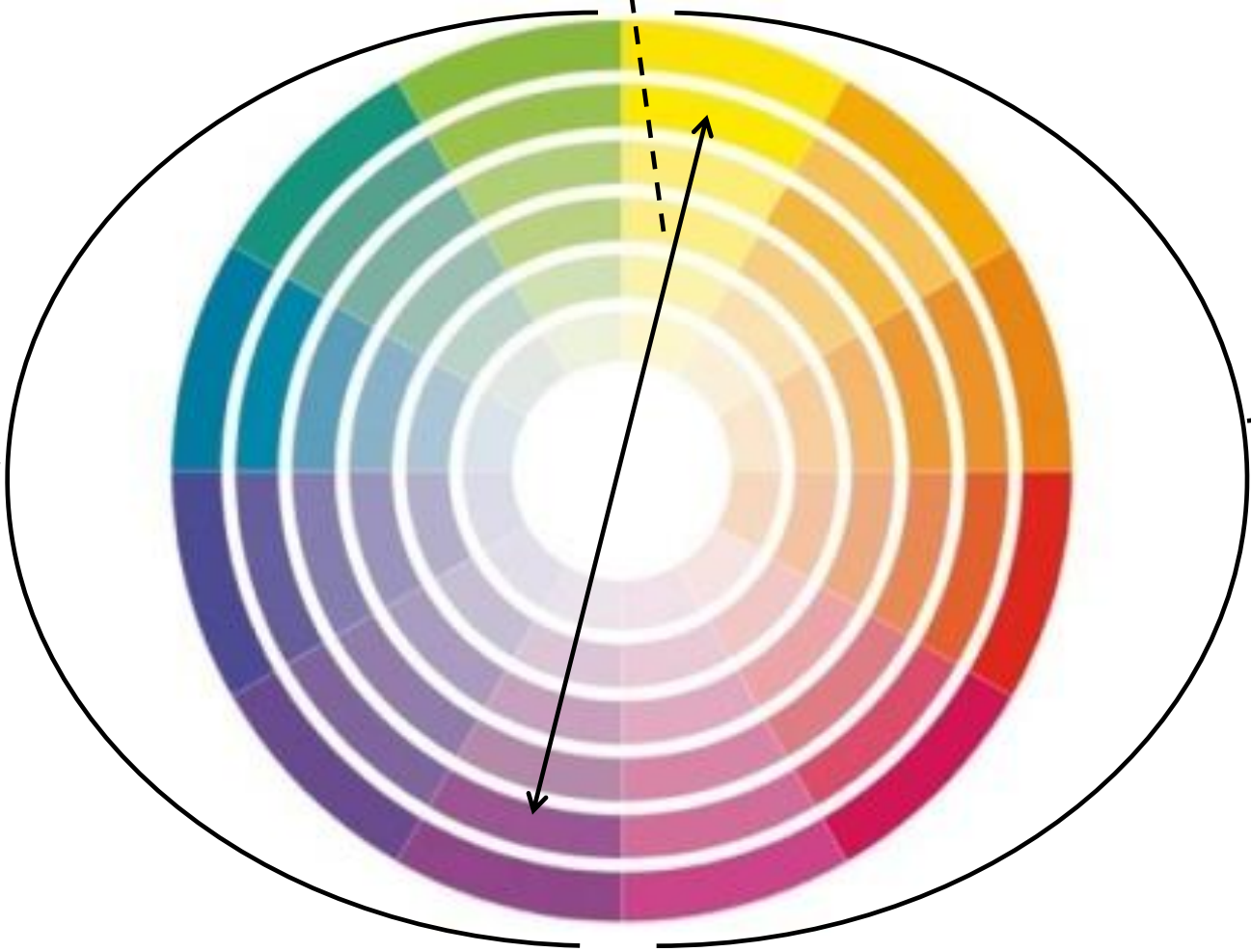


# COLOR WHEEL

Complementary colors

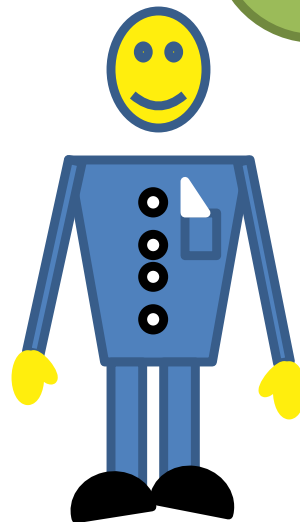
Long waves of white light spectrum

Short waves of white light spectrum



In everyday moving around the flat the use of considerable color contrast is helpful. It enables to locate necessary objects fast and facilitates the distinction of interior elements.

You will get the biggest contrast if you confront colors from opposite sides of the color wheel, e.g. yellow and violet. By switching slide you can practice.



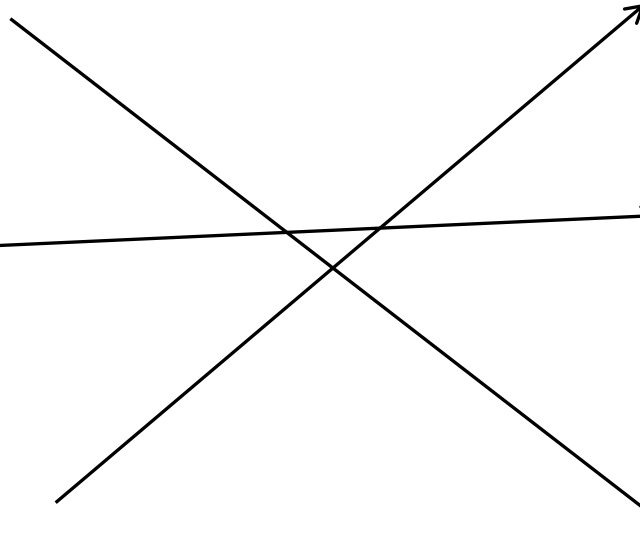
## TASK

Match in pairs the colors from 1 column with the colors from 2 column complementing in a way to achieve the biggest contrast. Do not peep at the slide with color wheel! In order to check, press space bar.

1

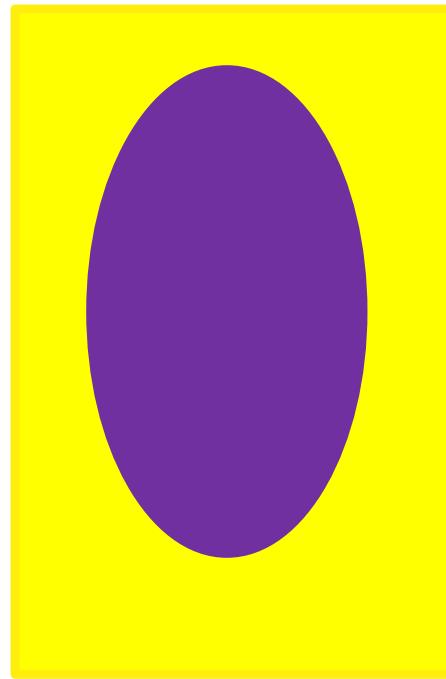
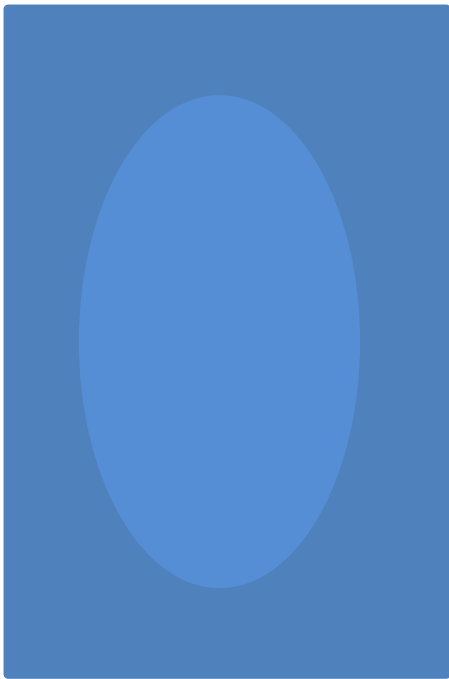


2



## TASK

Turn your eyes in a way to observe the World through narrow gap. Then from the distance of about 1 m check which picture you see better?

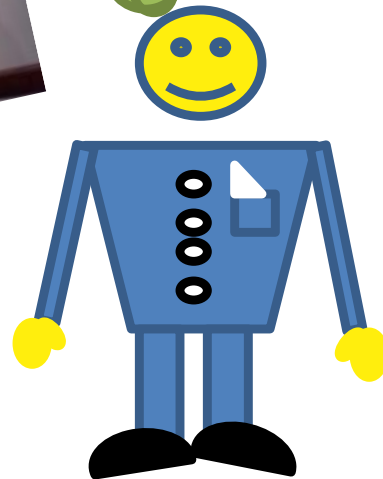


I will give here some pieces of advice which are worth taking into consideration in order to increase the functionality of the flat of a blind or a visually impaired person.



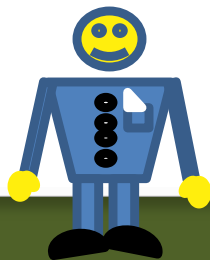
Furnishing flats of blind persons or persons with visual dysfunctions above all depends on individual needs. It is important that these persons decide on their surroundings and changes in it on their own.

It is good if before buying furnishings they go to the shop personally and carefully test as well as obtain advice of the specialist on a given equipment.



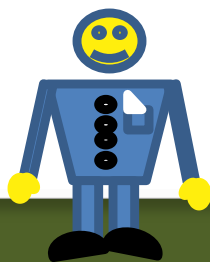
## **DEVICES, DETAILS AND FURNISHINGS – Tomek's advice**

1. While choosing devices remember about paying attention to the ease of usage, placement of buttons, sound signaling, safety of use, lack of sharp edges, protection of sharp parts and parts strongly heated.
2. **In order to reduce the risk of falling into doors it is worth using shifting or harmonious doors or installing self-closing mechanism (similarly in cupboards and wardrobes).**
3. **The doors should open in a way that a person entering the room is directed at the central place and not at the wall or furniture.**
4. **Introducing tactile signs on objects of everyday use and foods helps with fast and correct identification.**
5. Designation of transparent elements, e.g. doors at a height of 120-150 cm by means of e.g. special foils with pattern.

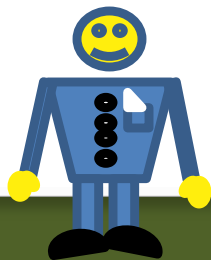




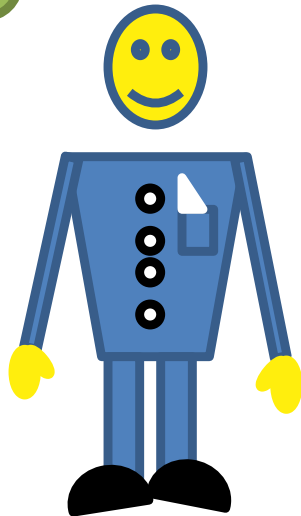
6. If it is not necessary, the thresholds should not be higher than 2 cm otherwise they increase the risk of stumbling. Similarly, the changes of the height of floor are unfavorable.
7. The furniture should be placed in a way it does not make free moving difficult through the flat and going between them. It is also important to use furniture with round edges and use special caps on corners.
8. It is worth changing shelves into drawers which enable free access to the whole contents and enable exact lighting.
9. Placement of light switches at a height of 90-120 cm from the floor and in the distance of minimum 50 cm from the room's corner. It is important that it should be the same in the whole flat.
10. **Please remember about protecting pipes with hot water and heaters.**



11. Bottom corner of the elements hanging by the ceiling should not be placed lower than at the height of 220 cm from the floor.
12. It is worth using battery with thermostat in order to control the temperature.
13. **60 cm in front of and behind the stairs, the fabric and color of the floor should be changed. Let's remember about guardrail best in contrast color and anti slipper pavement.**
14. Some pieces of advice about kitchen furnishings.
  - Cooker's hand wheel should be located on vertical panel for safety
  - It is worth separating oven from the heating plate
  - The cabinets should have self-closing doors or shifting doors as well as hidden holders.
  - Cutting board with a special knife guide.



Sounds which allow better reception of the World and are basic source of information **are very important.**

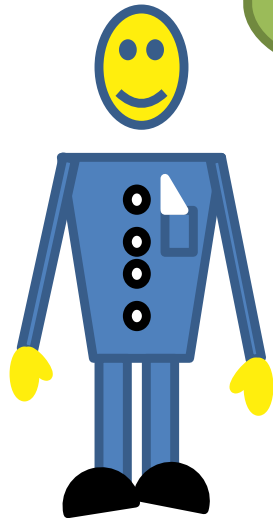


While furnishing the interior, the attention should be drawn to its acoustics so to turn down unnecessary sounds, buzzes, to prevent deflection of sounds and to prevent the echo sound.

In the flat of a blind person, everyday appliances equipped with sound information such as telephone, computer, scales, clock, color reader as well, are also very important. We should also remember that the floor, which is a „reader” of sounds of the majority of falling objects, plays sound role.

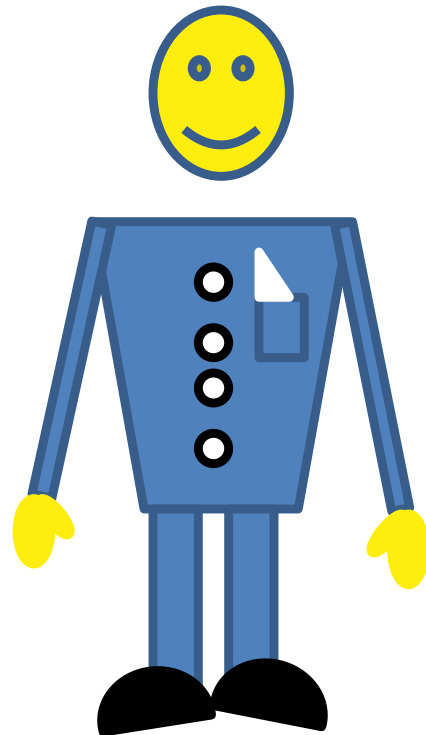
**SAFETY** IS THE MOST IMPORTANT THEREFORE IN FLATS OF PERSONS WITH VISUAL DYSFUNCTION ORDER AND TIDINESS AS WELL AS INVARIABILITY OF THE INTERIOR'S ELEMENTS ARE IMPORTANT.

WITHOUT THE OWNER'S KNOWLEDGE, ONE CANNOT MAKE ANY CHANGES EVEN SMALL ONES IN HIS/HER CLOSEST SURROUNDINGS.



THANK YOU  
FOR YOUR  
ATTENTION.

FLAT IS THE PLACE OF RELAXING.  
LET'S REMEMBER IT SHOULD BE  
SAFE AND COMFORTABLE ABOVE  
ALL FOR ITS OCCUPANTS.



Source:

Kamil Kowalski „ *Mieszkanie dostępne dla osób z dysfunkcjami wzroku*”,

Wydawca: Stowarzyszenie Pomocy Integracji.

Presentation for Blind Assistance Foundation was prepared by: Dagmara Pięciak