

# Living with deafblindness: Deafblind Life Hacks

Here are some really helpful ideas from both people who are deafblind themselves and from Deafblind UK staff who work with our members in their homes and communities.

## Meetings

Arriving early for meetings will make sure you get the best possible seat to help you. Sit with any windows or bright lights behind you and be close to main speaker to help listening or lip-reading. If you do this early and unobtrusively, no one else attending the meeting needs know you are lip-reading, if you prefer them not to. It also prevents you drawing attention by stopping a meeting and asking to swap places. You can contact the meeting organiser beforehand to request any printed materials in large print.

Encourage good meeting behaviours, such as ensuring there are clear objectives, summing up of key points and that only one person speaks at a time. This approach helps everyone, not just people who are deafblind!

## Travelling

Whether it is for work or leisure, allow more time for travel. If you are deafblind it is likely this it will take you longer to find and get to your airport departure gate or station platform, so allow extra to get there. Remember to always ask for help if you need it, generally people are always happy to help. You can book assistance at airports and railway stations. On public transport, ask the conductor or driver to tell you your stop if you don't know the route.

## Technology

Reading is made much easier thanks for technology such as an e-Reader or Kindle. We also recommend that anyone with vision loss starts by increasing contrasts, larger mouse pointers and a high-vis keyboard. Reversing backgrounds and font colours can also help. For example, you may find that you can read much more with white or yellow font on a black background.

Contact us to find out more:



0800 132320



07950 008870



[info@deafblind.org.uk](mailto:info@deafblind.org.uk)



[www.deafblind.org.uk](http://www.deafblind.org.uk)

## Hobbies

If you enjoy playing card games with your friends and family, but find standard sized cards are too small, have you tried using giant playing cards? These are available from a wide variety of online stores for around £5 per deck of cards.

Using headphones can be a useful way to enjoy music at a volume that suits you. Deafblind trustee and member Roger told us: "Headphones are my salvation when listening to music, smartphone or my electric piano".

## Cooking

There are a wide range of products available which can help you in the kitchen such as jugs with large numbers on, talking microwaves and liquid level indicators.

## Bump-ons

These are 3D stickers that can be used widely around the home. Our members use them to show where a frequently used setting on your washing machine is, or to recognise a button on your TV remote control or central heating system.

## General

Choose items in bright, contrasting colours to use in your everyday life.

Toothbrushes for each member of the family in an easy to spot colour can help pick yours out. A dog lead in a bright colour can also make life easier when it's time to go for a walk!

## Tacti-Mark

Tacti-Mark is a liquid plastic that sets hard in any shape you want. Simply draw out what you want and leave it to dry. This great for creating your own tactile information.

## "Please be patient"

When you are out and about, our Deafblind UK ID cards can help identify you as someone who is deafblind and let people know how best to communicate with you. You can request one today by contacting our helpline on the details below.

Contact us to find out more:



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