Pouring techniques

Maintain contact
Feel the spout of the container you are pouring the liquid from. Place the spout directly on the inside rim of the cup. Keep the spout in contact with the rim while tipping the container to pour. This technique will ensure you don’t miss the cup when pouring.

Listen
The sound is loud and clear when you first pour liquids into a cup or glass. Then as the cup or glass fills, the sound fades out; indicating the cup or glass is full.

Feel the weight
The weight of the glass or cup indicates whether it is full.

Feel the temperature
Feel the outside of a glass, cup, or container to see whether the liquid inside is hot or cold. If you are pouring hot liquids, place your index finger across the top of the glass. As the hot liquid nears the top of the glass, you will feel the warmth of the liquid, signaling you to stop pouring.

Use your thumb or finger
Place your thumb or index finger along or over the rim of the glass or cup as you are pouring. When the liquid reaches your thumb or finger, stop pouring. Use this technique with cold liquids only.

Use a liquid level indicator
A level liquid indicator hangs on the side of a cup and buzzes when the liquid is near the rim. Place the prong of a liquid level indicator (such as an EZ-Fill) inside a glass or cup. When the liquid reaches the prong and buzzes, stop pouring.
Measuring liquid and dry ingredients
Mark measurements on a large glass measuring cup with hard-drying tactile paint or assorted color tabs. Fill glass measuring cups in front of a contrasting background. For example, measure flour in front of a black background. Do the opposite for dark colored ingredients. The contrast will help you see the food item better. You can make your own backgrounds easily with a piece of white or black construction paper.

An even easier way to measure is to use ‘nesting’ measuring cups. Memorize which cup is which (biggest is 1 cup, next is 1/2 cup, and so on) - then nest them to discern one size from another. You will always have the correct measurement using nesting cups or spoons.

Bend metal measuring spoons to form an ‘L’, with the scoop facing up. Dip the spoon into the substance. Wide mouth jars work very well for liquids and oils and make measuring with the adapted spoons much easier!

Peeling, slicing, and cutting
Use dark or light colored cutting boards. The contrasting colors will make it easier to see the food.

To cut meat, first feel for the edge of the meat with a fork. Then take the knife, line it up behind the fork and begin cutting.

To peel food, begin by feeling for one end of the item. This is where you will begin to peel. Next turn the item counter clockwise while peeling or clockwise if you are left-handed.

Using dials on appliances
Use bump dot stickers, colored glue, puff paint, or Velcro to mark the settings you use most. The raised dots help you set temperatures by touch. The same method may be used for microwave ovens.

Some appliance companies have Braille overlays for stoves and microwaves.

Place additional task lighting in your work area to help illuminate appliance buttons and dials; and relieve eye strain.
**Organization and labeling**
Labeling techniques to identify food, medicines and other items include strategically placed rubber bands, white or color index cards with bold print, large letters and/or color-coded tabs or tape.

**Housekeeping**
Organize a general storage area for ease in locating cleaning items.

Use a cart or basket to store and transport cleaning equipment and products from the storage area to various parts of the house.

When you vacuum or sweep, divide each room into sections, using furniture and walls as reference points. Then work in a systematic, grid pattern as you clean each section.

Thread needles with special needles and needle threaders that have been designed for people with low vision to make threading needles easier.

**Lighting tips**
Lighting can make all the difference when performing daily tasks. Bring the light closer to the task or work area to get the maximum benefit.

Keep in mind that using overhead lighting can create glare.

If you or someone you know will benefit from additional information on home management skills please contact the SightConnection office.
Our mission
“Enhancing the ability of people with vision loss to lead active, independent lives.”

Programs and services
- Low vision rehabilitation
- Low vision clinic
- Instruction in independent living skills
- Professional counseling
- Safe travel and orientation training
- Education, information and referral services
- Assistive Technology resources
- Adaptive aids specialty store

Agency and store contact information
Address
9709 Third Ave NE #100
Seattle, WA 98115–2027
Phone
206–525–5556 v/tdd
800–458–4888 toll free
Fax
206–525–0422
Email
info@SightConnection.org
Agency website
www.SightConnection.org
Agency hours
Monday–Friday
8:30 am–5:00 pm
Store website
www.SightConnection.com
Store hours
Monday–Friday
9:00 am–5:00 pm

Reprint or copy only with permission from SightConnection.
©2011 SightConnection.