Invite the client you are assisting to take your elbow. She will grasp your arm just above the elbow in a C-grip. Her thumb will be on the lateral side of your arm and the remaining four fingers on the medial side. Her upper and lower arm will be at a 90-degree angle, and she will be a half step behind you. This position allows her to feel your body movements as you walk and reduces the possibility of her coming into contact with objects along the way.

**Diabetic retinopathy**, caused by diabetes, can result in blotchy vision and can eventually lead to complete blindness.

**Cataracts** results in cloudy or foggy vision. As the cataract becomes more advanced, vision decreases. Contrast sensitivity is also lost, so contours, shadows and colours are less vivid.

**Visual enhancement techniques**

Visual enhancement techniques are methods of altering the environment to enable clients to see better:

**Contrast:** An object is more likely to be seen when it is on a background of contrasting colour. Examples are a black mug on a white bedside table and a signature made using a black felt-tipped pen.

**Colour:** Some people can see certain colours better than they can see others. The colours that cause the most confusion are black, navy blue and brown. Red and yellow tend to be the colours that people see best. Placing a red piece of electrical tape on the call bell and light cord helps clients locate these items.

**Lighting:** Some people are able to see better under certain lighting conditions (e.g., halogen, incandescent or full spectrum). Light should be directed over the client’s shoulder to minimize shadows or glare. Bedside curtains or window blinds can be drawn to reduce glare. People with photophobia may experience extreme pain when they are exposed to light. Wearing dark glasses minimizes photosensitivity. Assigning clients who are photosensitive to beds away from the window may be helpful.

**Figure-ground:** Imagine a penny placed on a plaid tablecloth. A person with perfect vision may not see it. On a medium-toned, solid-coloured tablecloth, light and dark objects have more contrast. Keep bedside tables uncluttered.

**Eccentric viewing:** People with loss of central vision may turn their...