

## Checklist 6

### Colour vision (or contrast sensitivity)

Sometimes, people's behaviours are related to having poor colour vision. Take time to observe the person's everyday behaviours and use this checklist to record your observations, gather further evidence and then implement enabling strategies.

#### Behaviour

Does the person do any of the things in this checklist? (Please tick.)

- Has difficulty judging steps and kerbs; often trips up or appears unconfident
- Often knocks things over such as cups and bottles
- Bumps into doorways
- Often doesn't appear to see people approaching
- Appears to see some objects and colours better than others
- Appears to have difficulty finding all food on a plate

- **If you have ticked any of the boxes, go on to the next page, Observations.**
- **If not, go to Section 7: [Monocular vision](#).**

## Observations

The behaviours on the previous page may indicate a problem with colour vision. Here are some basic observations you can carry out to explore this further.

- Observe the person negotiating steps with painted edges
- Experiment with good and poor levels of colour contrast between the person's cup and the table
- Experiment with coloured cups instead of clear glass
- Observe the person going through doorways where the colour contrast is good
- Does the person see you better when you wear brightly-coloured clothes?
- Does the person enjoy using different colours in painting and craft work?
- Does the person enjoy choosing and wearing different coloured clothing?

## Comments

- **Now go to the next page, Strategies.**

## Strategies

If you believe the person does have poor colour vision, here are some strategies you can use when supporting them.

- Mark up the edges of external steps with white or yellow paint to make them more visible
  - Try to use a variety of colours for objects in the person's home, including cups, plates and kitchen containers
  - Encourage good colour contrast with the décor, including furniture, flooring and wall colourings
  - Wear bold colours so that you can be seen more easily
  - Use a plate which contrasts with the colour of the food. For example, potato can be difficult to see on a white plate
  - Use coloured stickers or tactile coloured bump-ons to mark up controls and dials on everyday household equipment to make it easier to use
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- **Add information about what you have learned from your observations of the person's colour vision or contrast sensitivity to the '[summary of findings](#)' section.**
  - **Now go to checklist 7: [Monocular vision \(Vision in one eye only\)](#)**