

Make Your Computer "Vision-Friendly"

Practical Advice from the Lighthouse



LIGHTHOUSE
INTERNATIONAL

With a few simple adjustments, you can make your computer easier to see and use. Follow these tips from the experts in low vision at Lighthouse International:

Monitor: Select a flat-screen computer monitor with a diagonal measurement of 19 inches or more.

Screen Resolution: Make sure your monitor has a high-resolution display, with a dot pitch of .28 mm or smaller. Higher resolutions will produce sharper type and crisper images.

Keyboard: If needed, switch to a keyboard with large-print letters, or adapt your existing keyboard with large-print stick-on letters. You can find them at shop.lighthouse.org.

Text Size: You can increase — or decrease — the size of text by customizing your computer settings, as well as adjusting the text size in software programs such as word processing and spreadsheets. Look for options such as “Increase text size” or “Font size” in the program’s “Home” menu. Some websites also allow you to adjust type size automatically, usually by clicking a box at the top of the screen with the letter “A” in small, medium and large type.

Zoom: Many computer programs, including the Microsoft Office suite, as well as most Internet browsers have a zooming feature, generally located in the “View” menu or tab. You can select a zoom in—zoom out option or increase image size by a percentage (100%, 200% and so on).

Icons: Desktop icons can be resized to fit your preference. To adjust them in Windows 7 and Vista, right click on the Desktop and find your icon options in the “View” sub-menu.

Color Scheme: Many people find reverse color contrast — white text on a black background — easier to see and read than black text on a white background. Some people remove all bright colors from their computer color scheme. Select your color scheme choice in the display settings or in the accessibility controls listed below.

Screen Magnifier: Windows’ “Magnifier” and Apple’s “Zoom” features increase the full screen image by various levels. You can use this tool occasionally or all the time, depending on your needs. Find your system’s magnifier program, along with several other advanced accessibility options, in the following locations:

- **Windows 7 and Windows Vista:** “Ease of Access Center” in the Control Panel
- **Windows XP:** “Accessibility Options” in the Control Panel
- **Mac OS X 10.4 and later:** “Universal Access” in the Settings menu

Ask your eye doctor: Consult with your eye doctor about additional factors that may impact your computer use, including your eyeglass or contacts prescription; wearing bifocals or progressive lenses; and conditions such as glaucoma, cataracts, macular degeneration, dry eye, computer eye strain or an undiagnosed eye condition.

Lighthouse International is dedicated to fighting vision loss through prevention, treatment and empowerment.

Lighthouse International • The Sol and Lillian Goldman Building
111 East 59th Street • New York, NY 10022-1202
(212) 821-9200 • (800) 829-0500 • lighthouse.org • shop.lighthouse.org