

Reading Techniques:

**Created by Elijah Leightcap, Vision Rehabilitation Therapist,
Bureau of Blindness and Visual Services, Philadelphia, vrtinfo.com**

- **Hold the print in the visual field that's easier to see with (left side in left eye).**

- **Adjust the distance to find how far away to hold away from eyes.**
- **Declutter the surrounding area to reduce visual clutter.**

- **Place the print on a solid, high contrast colored background.**

- **Use a magnification device or app (Magnifier App).**
- **Use a text-to-speech device or app (SeeingAI App).**

- **Listen to Audio Books.**
- **Use a smartphone or tablet Screen Reader (VoiceOver or TalkBack).**

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- **Use a computer magnification key command or software (ZoomText).**

- **Use a computer
Screen Reader (Non
Visual Desktop
Access).**

- **Increase lighting directly above using a desk/task lamp or flashlight.**
- **Use a floor lamp over the reading area.**

- **Turn on overhead lighting.**
- **Open curtains or blinds.**
- **Use tinted sunglasses.**

- **Use bold lined paper.**
- **Use BoldWriters or Sharpies.**
- **Use an overlay or fitover writing guide.**
- **Use a reading stand.**

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- **Use magnetic bookmarks.**

- **Cut off the top right or top left corner of the paper to assist in proper orientation before reading.**

- **Use a piece of paper to cover an area. Move the paper as you read.**

- **Use two pieces of paper, one above and one below to the line being read.**

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Related Resources:

- **Reading Adaptive Daily Living Aids:**
https://docs.google.com/document/d/1gSQCbazncmusbQnUltmo-c4XtEEai7BijG-7JmZX_Mg/edit?usp=sharing
- **Lighting Adaptive Daily Living Techniques:**
https://docs.google.com/document/d/1CMhA0FIC02P4LGV_y042XrPq8TyfrDhNRXJ_jKSb1oc/edit?usp=sharing

- **Lighting Adaptive Daily Living Aids:**
https://docs.google.com/document/d/1TC9hwka_z67QUq8yi_egBiFKxBE5K0fHibrWtw-Aiyg/edit?usp=sharing
- **Writing Adaptive Daily Living Aids:**
https://docs.google.com/document/d/1kbXnncc_kPqbK8yGLEqGg0immxteaWfaFODcC04Qx34E/edit?usp=sharing
- **Writing Techniques:**
<https://docs.google.com/document/d/1KBP8Zsgedsd2csNOlYsbpwxBijMHxgT4f1ND8LoVDg4/edit?usp=sharing>

- **Assistive Technology Resources:**

<https://docs.google.com/document/d/1oCnb8wToBubLNXu3w2FydmWOH6ErT9Gt56xWLxFebdM/edit?usp=sharing>

- **Basic Adaptive Daily Living Techniques:**

https://docs.google.com/document/d/1jIHewGu9QGoC_ToBPwM7vJ7Ln8pqYl3X5AkDSkOYsro/edit?usp=sharing