

Tech Tip of the Week



Seeing the computer screen or pages in a book can be hard if the lighting in the room adds glare to the picture. Fluorescent lighting tends to add more glare than incandescent or full-spectrum lighting. This can affect what and how the person sees.

Some low tech ways to reduce the glare and increase the comfort:

- ☞ Pastel colored paper for drawing
- ☞ Colored transparencies over the computer screen
- ☞ Wearing a visor can cut down on over-head glare
- ☞ Change the seating or art area to one that has direct light
- ☞ Enlarging the picture or text for some students
- ☞ Holding a book upright to read rather than laying on the table can decrease glare. Book stands are great for kids who can't hold the book with their hands.

For information on this check out:

www.seeitright.com (a web site with examples of using color overlays and products to use)

<http://www.irlen.com> (an organization that has done work with children and adults with light and glare sensitivity using color overlays.)