

R N I B

See differently

Confident Living

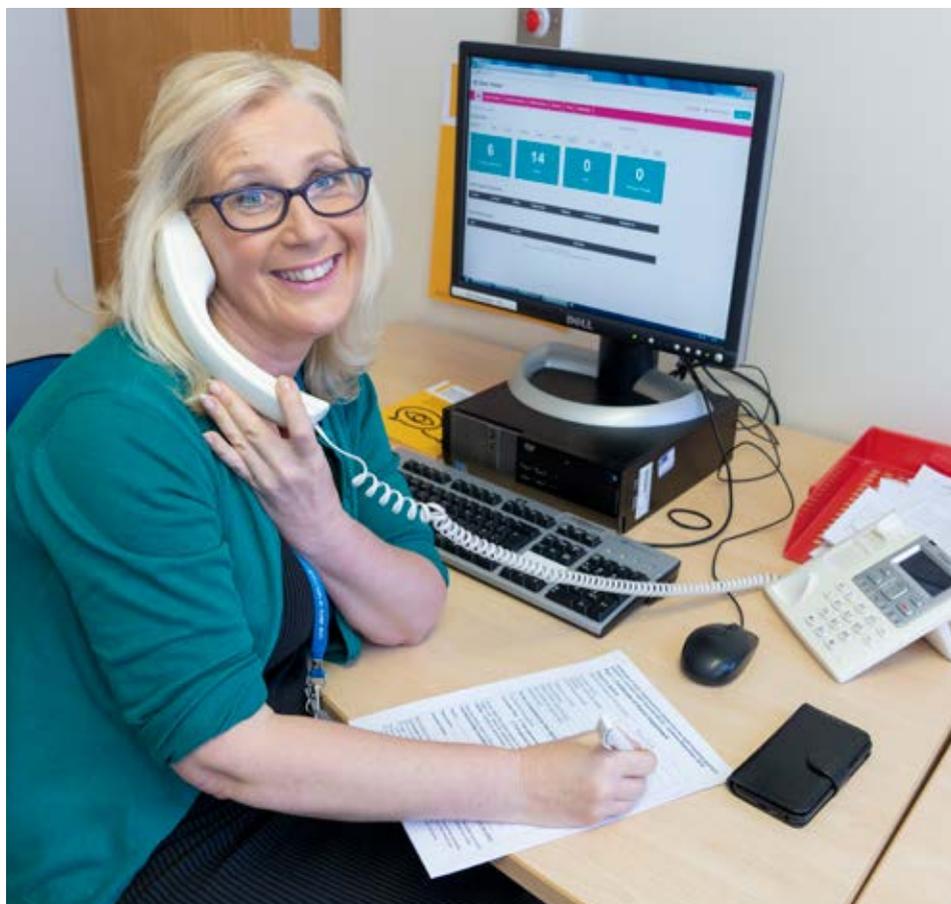
Reading



The Sight Advice FAQs

These answer questions about living with sight loss, eye health or being newly diagnosed with a sight condition.

It is produced by RNIB in partnership with a number of other sight loss organisations.
sightadvicefaq.org.uk



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About this guide

If you're struggling to read because of changes in your sight, there are many ways that you can continue to read.

This booklet explains the different formats you can get information in such as large print, audio and braille. As well as how to use lighting and technology like magnifiers and eBooks.

There's also information on RNIB's reading services where you can get newspapers, magazines and books, including ones for children.

Throughout this guide, we will mention an online directory called the Sightline Directory, which is maintained by RNIB. You can use Sightline to search for useful local or national services for people with sight loss. You can access the Sightline Directory for free at **sightlinedirectory.org.uk**.

RNIB Helpline
0303 123 9999
helpline@rnib.org.uk

Reading options

There are many options available to help you continue to read. Whether you're reading text in print or on a screen, there are various options such as magnifiers, lighting, braille, audio and computer software.

The best way to find out what works for you is to try them out – you may find yourself using more than one way to read depending on what you're reading and where. A low vision assessment will also be able to tell you the best way; we will cover this further on in this guide.



Larger print

If you have some vision but struggle to read regular print, then clear, large or giant print may be for you.

The size of a font is described in point size. Regular print is usually 10 or 12 point. Clear print is size 14. Large print is generally 16 to 18 point size and giant print is anything larger than this. Your local library is probably the best place to check what size is right for you, and RNIB has a collection of giant print books (24 point), which are free to borrow.

16 point text size example

20 point text size example

24 point text size example

Magnifiers

Although organisations should contact you using large print if you've asked for it, there is a limit to the amount of large print that is readily available. Service providers have to make reasonable adjustments to their services to ensure you can access them.

You can use a magnifier to make small text larger. There are many different options such as handheld, desktop and pocket video magnifiers. It is important to choose the right magnifier for you and the task you want to do.

Smaller magnifiers, such as handheld and pocket video magnifiers, make it easier to read text whilst out and about. A desktop video magnifier can be useful at home as it has the highest level of magnification, and is handy for large amounts of text.

Our Making the Most of Your Sight guide (part of our Starting Out series), explains the various types of magnifiers, and the tasks for which they're best suited. You should always seek advice from your local low vision service before purchasing a magnifier. Our Everyday Living

Solutions catalogue features a range of magnifiers that can be purchased from our Online Shop. Contact our Helpline for more information or visit **shop.rnib.org.uk**.

“When you can’t read household bills, newspapers and magazines you just feel eliminated from daily life. I can read things now without any problems using my video magnifier. I was struggling with hand-held magnifiers before, which I found very difficult.”
Keith Lakin

Know your rights

Service providers such as banks, utility companies, public authorities and private clubs have to make sure that their services are accessible to you without unreasonable difficulty. This may mean providing information in your preferred format of large print, audio or braille. You should always request the format that you need. If you're having difficulty obtaining another format from an organisation or need more information, please visit [rnib.org.uk/equalityact](https://www.rnib.org.uk/equalityact) or call our Helpline.

Lighting

Depending on your level of sight, using brighter lighting can help to make things easier to see. You should make sure that you have as much light as you feel comfortable with for reading. Take advantage of sunlight or use a task lamp that can be easily adjusted to where you need it most.

RNIB sells a number of task lights and other lighting products. You can contact our Helpline to order or visit our Online Shop. For hints and tips to help visit [rnib.org.uk/lighting](https://www.rnib.org.uk/lighting).



Low vision services

Your local area may have a low vision service, which can assess your sight and establish what kind of equipment will be most useful for you. This may include magnifiers, glasses to help with contrast, reading techniques and devices. You will also receive training to make sure you can use and maintain any equipment correctly and effectively.

Your local social services department or local society for people with sight or sensory loss may also have information, or even run low vision services – you can contact our Helpline or use the Sightline Directory to locate your local society.

Braille

Braille is a system of raised dots which allows you to read and write by touch. It requires sensitive fingers but many people are surprised at how quickly their sensitivity increases with practice.

Some people learn enough braille to be able to label items at home or work, while others go on to read books. Many organisations also produce personal information for their customers in braille.

Braille can also be produced electronically using a refreshable braille display that can connect to some phones, tablets and computers. Visit shop.rnib.org.uk/braille-and-labelling for more braille product details. You can also visit rniblibrary.com to see the thousands of braille books that we offer for free through RNIB's Library service. You can join our Library service by calling our Helpline.



Audio

Many books, newspapers and magazines are available in audio. You can also get audio versions of information such as bills, statements or information leaflets.

Audio material can be in either a human voice or a synthetic electronic voice. If you're buying a magazine, newspaper, or audio book (also known as a talking book), it is likely to be read by a professional reader or narrator.

Audio books and players

There are many ways to access audio books, such as through your local library, online stores or our Talking Books service. An audio book player such as a smartphone, tablet or computer can play the audio file of your chosen book or magazine. You can also get audio books in CD or USB stick format.

Audio books which come on a disc are sometimes produced on a DAISY CD. This is a special type of CD which has been designed specifically for audio books and is formatted so that you can easily navigate the chapters of a book, make a bookmark, stop listening and pick up from where you left off.

Disc formats of audio books which aren't on DAISY CD are usually on an MP3 CD. These CDs can be played on most CD players, but you won't be able to use the navigation features like on a DAISY CD.

Specialist audio book players are designed for use by people with sight loss, so they often have accessible, tactile interfaces that you can get to grips with quickly.

You can get digital downloads with our Talking Books service by using the RNIB Overdrive app on different devices. Examples include desktop and laptop Windows PCs and Macs, smartphones, android phones or tablets (iPad, Kindle Fire or Samsung Galaxy Tab).

You can get digital downloads with our Talking Books service by using the Dolphin EasyReader app on different devices. Examples include desktop and laptop Windows computers, Apple Macs, iPads and iPhones, Android phones and tablets. You can download audio books from companies like Amazon, but if you decide to borrow audio books from your local library they will normally be lent for a relatively short period of time – usually two or three weeks. After this you can extend the loan or the book will automatically

eBook

An eBook is simply an electronic version of a book, newspaper or magazine with the benefit that you have more control over how you read it. With an eBook reader you can greatly enlarge the size of the text and change its shape, colour and contrast. There are also options to connect it to a braille display.

How do I read an eBook?

To read an eBook you can use either:

- an **eBook reader**. This is a portable device that is designed especially for reading eBooks. Kindle and Kobo are types of eBook readers.
- an **eBook app**, installed on your tablet, smartphone or computer. These apps are normally free. The makers of eBook readers mentioned above also make eBook apps. Other eBook apps include iBooks, Play Books and Adobe Digital Editions.

eBook readers and apps have additional features such as allowing you to look up words in a dictionary, search for words or phrases, and highlight or annotate text.

Computers

If you have a computer, you can change how the text is displayed on your screen to best suit your needs. This can mean changing the size or colour of the text or the background by using settings built into your computer's operating system. You can also download additional software, there are free or paid for options.

Magnifier software, such as ZoomText, lets you magnify the text on the screen and adjust the colour to suit you. If you are unable to see much of the screen, screenreader software is a good choice. The software will read the content to you, using a synthetic voice, or display it on a refreshable braille display.

For more information on computers or technology, you can order a copy of our Technology guide, part of our Confident Living series, from our Helpline.

Good to know

If you'd like to get help with using technology – from navigating with a smartphone, sending emails on the go and more – RNIB's Technology for Life team can help you.

To find out more, call our Helpline or visit [rnib.org.uk/tech-life](https://www.rnib.org.uk/tech-life).



What to read

There are a number of services and libraries that stock large print, audio books and sometimes braille. Your local library may stock these formats and if not, they can order books from other libraries if required. Visit **gov.uk/local-library-services** to find your local library.

If you live in Northern Ireland visit **nidirect.gov.uk/articles/libraries** to find your local library, and if you live in Scotland visit **mygov.scot/public-libraries**.

Reading Choices

Our Reading Choices service offers access to books, newspapers and magazines in a variety of formats.

RNIB Library is the largest in the UK for people with sight loss, stocking digital, audio, braille and giant print books for adults and children. There are also music resources and materials suitable for adult braille learners. It's a free service and you can download as many books as you like from our collection. There's also an online library catalogue that you can browse **rniblibrary.com**.

Our library offers more than 32,000 Talking Books on DAISY CD, USB stick or as digital downloads

through the Dolphin EasyReader app. Our available downloads can be viewed at rniblibrary.com and the Dolphin EasyReader app can be downloaded to a smartphone, tablet or computer. Our Talking Books service is free to join for anyone who is unable to read regular print. To join, visit rnib.org.uk/talking-books-service.

"I think they're very well read, sound quality is excellent and the choice of books is fantastic. I like how it keeps evolving. The old machine couldn't even be moved from the table, but since trialling Talking Books on a USB, I now use it all the time. It's fantastic, I really love it."
Diane Fazackarley

RNIB Newsagent offers magazines and newspapers in a variety of formats. You can order magazines such as Reader's Digest, BBC History Magazine, BBC Good Food and New Scientist. Children's magazines such as BBC Horrible Histories are also available. All newspapers and magazines are available in audio CD, USB, online download, DAISY CD, braille and big print.

Other library services

Calibre audio

Calibre audio is a national charity that provide over 13,000 audio books to anyone that struggles to read print. For more information visit **calibreaudio.org.uk**.

Listening Books

Listening Books provides audio books to stream and download from their website. Members can also receive audio books through the post on MP3 CD. They stock more than 10,000 audio books for adults and children. As well as a large fiction and non-fiction library, and also support the National Curriculum. Call **020 7407 9417** or visit **listening-books.org.uk**.

Project Gutenberg

Project Gutenberg offers over 60,000 free eBooks which can be downloaded or read directly online. No fee or registration is required. Visit **gutenberg.org**.

For younger readers

All the libraries listed provide a wealth of reading material for younger book worms. There are also some that are specifically focused on children and learners.

ClearVision

ClearVision is a UK postal lending library of children's books with added braille who lend across UK and Ireland. The books all have text in both braille and print and include pictures, making them suitable for sight impaired and sighted children and adults to share. Call **020 8789 9575**, email **info@clearvisionproject.org** or visit **clearvisionproject.org**.

RNIB Bookshare

RNIB Bookshare is a free service providing accessible textbooks and images to support those with sight loss, learning disabilities or physical disabilities and have difficulty reading regular print. Membership is open to education professionals supporting print-disabled learners in the UK. Visit **rnibbookshare.org**.

Book clubs

RNIB Talk and Support provide Telephone Book Clubs where people with sight loss can share a mutual passion for books, discover new authors and hear from guest speakers including narrators and publishers. The groups are available via phone or online options, participants can be dialled into their weekly group if needed. For more information email **talkandsupport@rnib.org.uk** or call the RNIB Helpline.



Further information

RNIB Helpline

Our Helpline is your direct line to the information, support, advice products, and emotional support. Call **0303 123 9999** or email **helpline@rnib.org.uk**. We're here to answer your calls 8am-8pm weekdays and 9am-1pm on Saturdays. We're ready to answer your call Monday to Friday 8am to 8pm and Saturday 9am to 1pm.

For the latest information on reading with sight loss, visit our website **rnib.org.uk/reading**.

Sightline Directory

The online directory to help you find the people, organisations and services you need. Visit **sightlinedirectory.org.uk**.

Local talking newspapers

The Talking News Federation can give you details of how to get hold of your local audio newspaper. Call **01793 497 555**, email **enquiries@tnf.org.uk** or visit **tnf.org.uk**.

Visionary

Find out about your local society for blind and partially sighted people through Visionary. Call **020 8090 9264** or visit **visionary.org.uk**.

Reading groups

This website lists hundreds of reading groups across the UK – search by county to find one near you. Visit **readinggroups.org**.

Reading Sight

Reading Sight offers information on all aspects of providing an accessible library service for blind and partially sighted people. Visit **readingsight.org.uk**.

Connect with others

Meet or connect with others who are blind or partially sighted online, by phone or in your community to share interests, experiences and support for each other. From book clubs and social groups to sport and volunteering, our friendly, helpful and knowledgeable team can link you up with opportunities to suit you. Visit **rnib.org.uk/connect** or call **0303 123 9999**.

RNIB Booklet Series

About the Starting Out Series

The Starting Out series aims to give people who are losing or have recently lost their sight essential information about living with sight loss. Titles include:

- Benefits, Concessions and Registration
- Emotional Support
- Help from Social Services
- Making the Most of Your Sight

About the Confident Living Series

The Confident Living series is for people who are losing or have recently lost their sight and are trying to build their confidence to continue to lead full and independent lives. Titles include:

- Reading
- Shopping
- Travel
- Technology

About the Understanding Series

The Understanding series is designed to help you, your friends and family understand a little bit more about your eye condition. Titles include:

- Age Related Macular Degeneration
- Cataracts
- Charles Bonnet Syndrome
- Dry Eye
- Eye Conditions Related to Diabetes
- Glaucoma
- Nystagmus
- Retinal Detachment
- Inherited Retinal Dystrophies including Retinitis Pigmentosa
- Posterior Vitreous Detachment

All these booklets are available in audio, print and braille formats. To order please contact our Helpline on **0303 123 9999** (all calls charged at local rate), email **helpline@rnib.org.uk** or visit **shop.rnib.org.uk**.

For a full list of the information sources used in any of these titles please contact **ckit@rnib.org.uk**.

To provide feedback on the Starting Out and Confident Living Series, please email **ckit@rnib.org.uk**.

To provide feedback on the Understanding Series, please email **eyehealth@rnib.org.uk**.

RNIB Helpline



Call: **0303 123 9999**



Email: **helpline@rnib.org.uk**



Or say, **"Alexa, call RNIB Helpline"**
to an Alexa enabled device.



Sight Advice FAQ: **sightadvicefaq.org.uk**

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