

## Using Your Sense of Touch in the Kitchen

People with diminished vision often have difficulty identifying items such as measuring cups and spoons or dials on the cooktop and oven. The solution is to use a special paint pen to apply small dots of paint that raise, harden, and become water- and dishwasher-proof. These dots are informally known as “high marks.” You will develop your sense of touch by feeling the number of dots on the handles and dials on your appliances.

Paint pens are available at low vision stores. They come in a variety of colors, including black, white, and orange, and the paint adheres to just about any surface, including plastic and metal. One brand of tactile paint pen is the HI-MARK™. The dots are produced by squirting a paint-like substance from the pen onto the surface you want to mark.

