

Lighting for the Aging Eye in a Residential Setting [Guest Blogger]

Posted by [Guest Blogger](#) on Feb 23, 2015 in [Design Trends](#), [Guest Blogger](#), [Tips](#), [Tips & Tricks](#)



GUEST BLOGGER :: David Rodstein of Rodstein Design

Forget the chandelier or sconce with candelabra bulbs to increase lighting for task. It is lighting to be looked at only. Increasing the number of bulbs and their wattage only creates disabling glare. If the space warrants, do without.

One will need higher light levels to read. Aimable table, floor or wall lamps can help here. Avoid halogen due to the heat, especially close by one's head. LED lamp colors have improved massively over the past few years, and the familiar incandescent color is now ubiquitous.

If one wants a clean look with no table or floor lamps, recessed lighting in the ceiling will do the trick.

Reading a tablet or computer screen in the dark will increase headaches, and room light should not be directly on the screen, but behind it.

As we age we have a longer time to dark/light adapt, especially if one uses the bathroom in the middle of the night. Dimmers in the bathroom help here. Simply set to the lowest position before going to bed so when one enters the room in the dark, they are not blinded by flicking the switch.

The other important thing is to illuminate vertical surfaces and objects, and not have too many sharp contrast shadows which will make the dark areas hard to see. Selective illumination will make a small space look much larger than it is. Indirect lighting of the ceiling will make a space look taller, fill in shadows, and increase the perceived brightness of any space.

Overall lighting is to be balanced via decorative lighting to look at, and functional lighting to see by.







ABOUT OUR GUEST BLOGGER:

David Rodstein, the principal of Rodstein Design, is NCQLP Lighting Certified, has a Bachelor of Industrial Design from Pratt Institute, a Graduate Certification in Management from the Wharton School: University of Pennsylvania, and has studied design in Denmark and England.