

1: Blindness and vision loss - NHS

Living with Vision Loss Blindness or visual impairment can have a profound impact on your life, but you are still in control. We have an abundance of information to help you, whether you're visually impaired, losing vision, or know someone affected by vision loss.

Thankfully, there are organizations that provide services and tools to help visually impaired individuals enjoy a rich and fulfilling life. No matter how mild or severe your vision impairment is, there are programs and products that can help you live independently, work effectively and enjoy a wide variety of hobbies and recreational activities. According to CDC, vision impairment may be due to a loss of visual acuity, where the eye does not see objects as clearly as usual, or a loss of visual field, where the eye has a diminished field of view reduced peripheral vision. Where To Start A number of federally mandated benefits are available to people who are visually impaired or legally blind. For example, you may get a tax break, and you may qualify for special benefits through the Social Security Administration. While these programs offer essential financial and medical support, other programs and services that address functional needs and help you enjoy your day-to-day life are just as important. Adjusting to vision loss is difficult and takes time. Many people find that a counselor or support group can help them learn to accept their vision loss so they can move forward toward a richer life. A key element in this often involves developing the skills needed to live independently despite visual impairment. In most cases, people with even severe vision loss can continue to live independently. In fact, even people who are totally blind can prepare meals, clean their homes, groom themselves, pick out their own clothes, manage their households and pay their own bills. These tasks may require some training, but a visually impaired person usually can perform them successfully. Driving may be one such activity. Fortunately, many communities offer transportation services for the visually impaired. Low Vision Doctors And Organizations Low vision doctors specialize in helping patients retain their independence by prescribing special visual aids that make it easier to perform many activities that a normally sighted person can perform. These low vision devices help make the best use of the remaining vision you have, and include magnifiers, glasses, telescopes and electronic devices. Other options for reading might include large print materials, audio books and Braille. There also are apps for phones and tablet computers that can help you read more easily if you are visually impaired. Here is a partial list of organizations that provide information and services for the visually impaired, people with low vision and the blind: Envision is a national nonprofit organization whose mission is to improve the quality of life and provide inspiration for the blind and visually impaired through employment, outreach, rehabilitation, education and research. Envision also promotes advocacy and independence for those who are blind or partially sighted. Founded in in Wichita, Kansas, Envision is one of the largest employers of individuals with vision loss in the nation. You can learn more about Envision at www.ensonvision.org. The National Library Service NLS for the Blind and Physically Handicapped is one of the largest resources for adapting printed material for use by people who are visually impaired or blind. Through a national network of cooperating libraries, NLS administers a free library program of Braille and audio materials to eligible borrowers in the United States via postage-free mail. Learn more at www.nls.gov. ACB has affiliate offices in nearly every state and in the District of Columbia. The National Federation of the Blind NFB is an advocacy and service group for the blind and visually impaired that has more than 50, members. NFB has offices in every state and has local chapters in many communities. It offers a robust state-by-state directory of services for the visually impaired. In fact, a number of innovative companies have developed very useful mobile device applications for people who are visually impaired or blind. This app enables a visually impaired person to take a photo of any printed document including mail, receipts, memos and many other documents and the phone will read it aloud. This app allows visually impaired and blind individuals to receive quick answers to questions about their surroundings. VizWiz users take a picture with their phone, ask a question, and then receive spoken answers from people recruited from their social network or from anonymous web workers. This app allows blind and visually impaired individuals to know the value of the paper money they are holding. The app recognizes the bills and immediately speaks the denomination,

enabling users to quickly identify and count their cash. Ask Your Eye Doctor For expert low vision care and additional services for the visually impaired in your local area, ask your optometrist or ophthalmologist for a referral to a low vision specialist and more recommendations. Centers for Disease Control and Prevention website. Amy Hellem is a writer, editor and researcher who specializes in eye care and other medical fields. Page updated October Like This Page?

2: Living Independently - American Foundation for the Blind

independent living aids low-vision aids, tools and technology for the blind and visually impaired Stay active, independent, and make your life easier with the superb selection of low-vision aids, tools and technology from ila.

Label bottles with different colors of tape. Use rubber bands around certain prescription bottles. Mark bottle with large print, i. Brushing Teeth Put toothpaste on your finger; then place it on the toothbrush. Use toothpaste from a pump dispenser. Squeeze toothpaste directly into your mouth. Squirt toothpaste into a wide-mouth jar; then dip the toothbrush in as needed. Marking Shampoo and Conditioner Put rubber bands around one bottle. Paint one bottle cap. Purchase a brand that combines shampoo and conditioner. Keeping Track of Phone Numbers Memorize numbers using numeric patterns, i. Write each number on an index card in bold print. Writing Checks Use large-print checks that are available at all banks. Use a check-writing guide made especially to fit over your checks. Use magnification or enhanced lighting. Organizing Money The edges of quarters and dimes have ridges. The edges of nickels and pennies are smooth. Nickels are thicker and larger than pennies The gold dollar coin is larger than a quarter and has smooth edges. A quarter is best kept separate from other coins. Cleaning House Store all cleaning supplies in a bucket and carry it with you when cleaning. Wear an apron with large pockets for carrying cleaning supplies. Wear soft cotton gloves or socks over your hands to dust instead of a cloth. When wiping flat surfaces tables, windows, counters , wipe up and down; then left to right to cover the entire area. Inserting an Electrical Plug into an Outlet Place two fingers of one hand around the wall plate to guide the electrical plug held in the other hand. Put bright tape around the outlet. Replace wall socket covers and light switch covers with covers that contrast in color with the wall. Using Appliances Use tactile markings on the dials to identify different settings. Typically, tactile cues are safer and faster. Put brightly colored tape on the dials. Use good lighting around the appliance and keep a flashlight handy. Use hand-held magnifiers where helpful. Kitchen Safety Before cooking or baking, organize all ingredients and utensils on a tray. Use scissors more frequently than knives, i. To easily locate and remove baked potatoes from the oven, bake the potatoes in a muffin tin. Use a timer with an audible signal to complete a cooking cycle. Use oven mitts as often as possible. Eating and Drinking Pour liquids into contrasting colored containers, i. Insert index finger inside glass to determine top of glass when pouring cold liquids or use a liquid leveler that buzzes in your glass when the liquid is near the top of the glass. Serve foods on plates with contrasting colors, i. Use the face of a clock to indicate the location of food on a plate, i. Put salt and pepper in clear dispensers for color contrast. Compare the weight of the shakers as salt is heavier than pepper. Pour seasoning in the palm of your hand first; then sprinkle a pinch at a time over food. Use solid color tablecloths avoiding patterns. Use a cutting board that contrasts in color with the food, i. When reaching for an item on the table, keep fingers downward, lightly touching the table top to avoid over-turning items. Sewing Use a magnet to pick up needles or pins from the floor. Thread several needles with different colored threads to keep readily available. When sewing on a button that is the same color as the garment, put white tissue paper between the fabric and the button for contrast. Use a tactile ruler or tape measure. To sew a straight seam with a sewing machine, use a magnetic seam guide or put masking tape on the feeder as a guide. Anchor self-threading or wire-loop needle threader by inserting it into a cork or a bar of soap. White Cane Safety Law In Wisconsin, motor vehicle operators are required to stop at least 10 feet from a pedestrian carrying a white cane or using a dog guide, who is attempting to cross a street. The rights of pedestrians who are blind or visually impaired are established and protected by state White Cane Laws, Wisconsin statute The fact that the pedestrian may be violating any of the laws applicable to pedestrians does not relieve the operator of a vehicle from the duties imposed by this subsection.

3: Living with Vision Loss - American Foundation for the Blind

Assisted Living for the Blind or Vision Impaired? Assisted Living is still a 'relatively' new concept. If you think back 30 years or so, it's a term you were probably unfamiliar with, and the term 'nursing home' covered much of the wide spectrum of care options.

Orientation and mobility specialists are professionals who are specifically trained to teach people with visual impairments how to travel safely, confidently, and independently in the home and the community. Becoming familiar with an environment or route can make it much easier for a blind person to navigate successfully. Tools such as the white cane with a red tip – the international symbol of blindness – may also be used to improve mobility. It is usually swung in a low sweeping motion, across the intended path of travel, to detect obstacles. Some visually impaired persons do not carry these kinds of canes, opting instead for the shorter, lighter identification ID cane. Still others require a support cane. A small number of people employ guide dogs to assist in mobility. These dogs are trained to navigate around various obstacles, and to indicate when it becomes necessary to go up or down a step. However, the helpfulness of guide dogs is limited by the inability of dogs to understand complex directions. The human half of the guide dog team does the directing, based upon skills acquired through previous mobility training. GPS devices can also be used as a mobility aid. Such software can assist blind people with orientation and navigation, but it is not a replacement for traditional mobility tools such as white canes and guide dogs. Some blind people are skilled at echolocating silent objects simply by producing mouth clicks and listening to the returning echoes. It has been shown that blind echolocation experts use what is normally the "visual" part of their brain to process the echoes. Public transportation is freely available to the blind in many cities. Tactile paving and audible traffic signals can make it easier and safer for visually impaired pedestrians to cross streets. In addition to making rules about who can and cannot use a cane, some governments mandate the right-of-way be given to users of white canes or guide dogs. Reading and magnification[edit] Braille watch Most visually impaired people who are not totally blind read print, either of a regular size or enlarged by magnification devices. Many also read large-print , which is easier for them to read without such devices. A variety of magnifying glasses , some handheld, and some on desktops, can make reading easier for them. Others read Braille or the infrequently used Moon type , or rely on talking books and readers or reading machines , which convert printed text to speech or Braille. They use computers with special hardware such as scanners and refreshable Braille displays as well as software written specifically for the blind, such as optical character recognition applications and screen readers. Closed-circuit televisions , equipment that enlarges and contrasts textual items, are a more high-tech alternative to traditional magnification devices. There are also over radio reading services throughout the world that provide people with vision impairments with readings from periodicals over the radio. The International Association of Audio Information Services provides links to all of these organizations. Computers and mobile technology[edit] Access technology such as screen readers , screen magnifiers and refreshable Braille displays enable the blind to use mainstream computer applications and mobile phones. The availability of assistive technology is increasing, accompanied by concerted efforts to ensure the accessibility of information technology to all potential users, including the blind. Linux distributions as live CDs for the blind include Vinux and Adriane Knoppix , the latter developed in part by Adriane Knopper who has a visual impairment. The movement towards greater web accessibility is opening a far wider number of websites to adaptive technology , making the web a more inviting place for visually impaired surfers. Experimental approaches in sensory substitution are beginning to provide access to arbitrary live views from a camera. They may also enlarge or mark dials on devices such as ovens and thermostats to make them usable. Other techniques used by blind people to assist them in daily activities include: Adaptations of coins and banknotes so that the value can be determined by touch. In some currencies, such as the euro , the pound sterling and the Indian rupee , the size of a note increases with its value. On US coins, pennies and dimes, and nickels and quarters are similar in size. The larger denominations dimes and quarters have ridges along the sides historically used to prevent the "shaving" of precious metals from the coins , which can now be used for

identification. For example, the Canadian currency tactile feature is a system of raised dots in one corner, based on Braille cells but not standard Braille. Labeling and tagging clothing and other personal items Placing different types of food at different positions on a dinner plate Marking controls of household appliances Most people, once they have been visually impaired for long enough, devise their own adaptive strategies in all areas of personal and professional management. For the blind, there are books in braille, audio-books, and text-to-speech computer programs, machines and e-book readers. Low vision people can make use of these tools as well as large-print reading materials and e-book readers that provide large font sizes. Computers are important tools of integration for the visually impaired person. They allow, using standard or specific programs, screen magnification and conversion of text into sound or touch Braille line , and are useful for all levels of visual handicap. OCR scanners can, in conjunction with text-to-speech software, read the contents of books and documents aloud via computer. Vendors also build closed-circuit televisions that electronically magnify paper, and even change its contrast and color, for visually impaired users. For more information, consult Assistive technology. In adults with low vision there is no conclusive evidence supporting one form of reading aid over another. Engaging phonics instruction is multisensory, highly motivating, and hands-on. Typically students are first taught the most frequent sounds of the alphabet letters, especially the so-called short vowel sounds, then taught to blend sounds together with three-letter consonant-vowel-consonant words such as cat, red, sit, hot, sun. Hands-on or kinesthetically appealing VERY enlarged print materials such as those found in "The Big Collection of Phonics Flipbooks" by Lynn Gordon Scholastic, are helpful for teaching word families and blending skills to beginning readers with low vision. Beginning reading instructional materials should focus primarily on the lower-case letters, not the capital letters even though they are larger because reading text requires familiarity mostly with lower-case letters. Phonics-based beginning reading should also be supplemented with phonemic awareness lessons, writing opportunities, and lots of read-alouds literature read to children daily to stimulate motivation, vocabulary development, concept development, and comprehension skill development. Many children with low vision can be successfully included in regular education environments. Parents may need to be vigilant to ensure that the school provides the teacher and students with appropriate low vision resources, for example technology in the classroom, classroom aide time, modified educational materials, and consultation assistance with low vision experts. However, many people are uncomfortable with communicating with the blind, and this can cause communication barriers. One of the biggest obstacles in communicating with visually impaired individuals comes from face-to-face interactions. There are many non-verbal factors that hinder communication between the visually impaired and the sighted, more often than verbal factors do. These factors, which Rivka Bialistock [53] mentions in her article, include: These factors can all affect the way an individual would feel about communicating with the visually impaired. This leaves the visually impaired feeling rejected and lonely. Adjusting attitude[edit] In the article Towards better communication, from the interest point of view. Orâ€”skills of sight-glish for the blind and visually impaired, the author, Rivka Bialistock [53] comes up with a method to reduce individuals being uncomfortable with communicating with the visually impaired. This method is called blind-glish or sight-glish, which is a language for the blind, similar to English. For example, babies, who are not born and able to talk right away, communicate through sight-glish, simply seeing everything and communicating non-verbally. This comes naturally to sighted babies, and by teaching this same method to babies with a visual impairment can improve their ability to communicate better, from the very beginning. To avoid the rejected feeling of the visually impaired, people need to treat the blind the same way they would treat anyone else, rather than treating them like they have a disability, and need special attention. People may feel that it is improper to, for example, tell their blind child to look at them when they are speaking. However, this contributes to the sight-glish method. Surroundings[edit] Individuals with a visual disability not only have to find ways to communicate effectively with the people around them, but their environment as well. The blind or visually impaired rely largely on their other senses such as hearing, touch, and smell in order to understand their surroundings. A form of echolocation is used, similarly to that of a bat. This does not mean they can depict details based on sound but rather where objects are in order to interact, or avoid them. Feeling anything with detail gives off information on shape, size, texture, temperature, and many other qualities. Touch also

helps with communication; braille is a form of communication in which people use their fingers to feel elevated bumps on a surface and can understand what is meant to be interpreted. Another limiting factor is that the learning process of identifying objects with touch is much slower than identifying objects with sight. This is due to the fact the object needs to be approached and carefully felt until a rough idea can be constructed in the brain. This way there is a better chance of recognizing an areas layout in order to navigate themselves through. The same can be said for people as well. Some people have their own special odor that a person with a more trained sense of smell can pick up. A person with an impairment of their vision can use this to recognize people within their vicinity without them saying a word. The language and social development of a child or infant can be very delayed by the inability to see the world around them. Social development[edit] Social development includes interactions with the people surrounding the infant in the beginning of its life. To a child with vision, a smile from a parent is the first symbol of recognition and communication, and is almost an instant factor of communication. This primary form of communication is greatly delayed for the child and will prevent other forms of communication from developing. Social interactions are more complicated because subtle visual cues are missing and facial expressions from others are lost. This may cause the child to be avoided by peers and consequently over protected by family members. Language development[edit] With sight, much of what is learned by a child is learned through imitation of others, where as a visually impaired child needs very planned instruction directed at the development of postponed imitation. A visually impaired infant may jabber and imitate words sooner than a sighted child, but may show delay when combining words to say themselves, the child may tend to initiate few questions and their use of adjectives is infrequent. The language of the blind child does not seem to mirror their developing knowledge of the world, but rather their knowledge of the language of others. A visually impaired child may also be hesitant to explore the world around them due to fear of the unknown and also may be discouraged from exploration by overprotective family members. Without concrete experiences, the child is not able to develop meaningful concepts or the language to describe or think about them.

4: Wyoming Independent Living - Visually Impaired Program

Vision loss that occurs in adulthood can present special challenges. After relying on your sense of sight for most of your life, you'll likely discover that blindness, visual impairment, or low vision can require adaptations in the way you manage your everyday life and activities.

Updated February 2, What is the best kind of lighting for visually-impaired people? Is one kind of lamp better than another? These are two of the most-asked questions in a subject field that can be confusing at best. The bottom line is that people should use the lighting that works well for them. The closest to actual sunlight, covering the entire range of colors and peaking in the blue light spectrum. Blue light is responsible for glare, and some studies have shown that intense exposure to it may be harmful to the retina over time. Most commonly used until around in the form of a light bulb in table or desk lamps. With a yellowish correlated color temperature CCT of about K Kelvin , this was very safe for the retina. It was not, however, good for contrast, accurate color perception, or economy. Tungsten lamps are good for use where a lot of light is desired, but the heat intensity of the lamp can be hazardous and uncomfortable when used in task lamps. Bright and economical, this type of lighting is seen most often in public places. Efficient, durable, and small, LED lighting is initially expensive, but much longer lasting and cheaper to run than other light sources. The wider, brighter, and closer the field of light, the more potential risk it carries for the retina. A small array of white LEDs in a task lamp can provide good, safe lighting. In fact, the U. For task lighting, the lamp bulb should be in an adjustable fixture, and the distance of the light source from the page is as important as wattage. The further away the lamp, the less illumination on the page, and the closer, the more illumination. In fact, if you double the distance, you need a light source 4X as strong to keep the same brightness on the page. Triple the distance, and you will need 9X as strong a bulb, etc. To reduce the heat of the bulb, use a lamp with an internal reflector a double shade. This reduces the heat significantly, and allows you to have the lamp closer to the face than you would with a single shade especially one made of metal. Here are some other guidelines from Dr. If one eye is better and used for reading, position the lamp on that side of the body, slightly to the side. To check this, turn the light off, place a mirror on the page being read, and see if the lamp appears in the mirror. If it does, re-position it. It should still be close to the page, and to the side of your face, but now perhaps at a slightly greater angle. Of course, too much of an angle will also reduce the brightness on the page, so you have to find the optimal position for you. You also want to adjust the light so there are no shadows on the page. A typoscope is a black card with a slot cut in it to expose the line being read as you move it down the page. This will help to reduce the glare reflecting off the page and improve the apparent contrast of the print. Glare Glare from reflective surfaces can be a hindrance for people whose eyes are not capable of modulating light, due to retinal disease. Blue blocking glasses can help by cutting down the haze which surrounds bright objects caused by blue light waves, which are very short and easily scattered. Polarized sunglasses will help to reduce glare, especially if the light is reflecting off of a flat surface that is in front of the viewer eg. Polarized lenses transmit light only in the vertical direction, thus removing the reflected horizontal light. Blue blocking lenses and polarized sunglasses may be purchased commercially, or optometrists can add blue-blocking tint or polarization filters to prescription lenses. Adding tint to prescription glasses can, however, create a safety issue, since the tint will diminish vision in low light. Suggestions for Better Lighting Here are some additional suggestions for improving lighting in the home and workplace: Swivel lamps are preferable, as they can be raised or lowered in order to direct the light. It is easier on the eyes. This can be easily checked with the television screen dark. First, an LED light source is recommended for comfort, safety, and economy. In order of importance, these are the specifications to consider: Brightness range of LUX at 12 inches 30 cm Dimmable to alleviate eye strain Easily adjustable fixture to prevent glare Easy location and operation of fixture controls Coverage diameter of at least 12 inches 30 cm at a distance of 12 inches 30 cm Cost comparable to similar products Sturdy construction for safety and durability Transparent and educational advertising After an extensive market survey of low vision task lamps in , the following products have been found to satisfy virtually all of these criteria.

5: Independent Living | RSB

Assisted Living For Blind & Vision Impaired - Vision Loss in the elderly is the more common problem than you www.enganchecubano.com you also suffering from the same problem? Are you the one who is looking for the assisted living homes for blind and vision impaired?

In a relatively short period of time, assisted living has had to respond to different demands, and evolve into something that cares for a wide-range of conditions and resident needs. This may explain why there is a steep increase in the cost of assisted living as the years go by – staff need to be trained to work around and have some expertise in so many areas, conditions and disabilities. No, and quite the contrary. Here is a sampling of e-mails I have received just this year from people asking facilities if they can accommodate someone who is blind: In fact, we have one blind person who lives here now. We are accustomed to road mapping an environment that is conducive to their needs. We also provide guidance throughout the home as needs require. My mom is blind, 87 years old. Having trouble finding staff who are sensitive to vision limitations. Do you accept MediCal at your facility? She is a type 2 diabetic with a heart condition. I got your place from a web page that suggests Medicaid could help her stay at your senior home. Your place looks very nice and seems like a good fit for her. Legally blind but can see some. Would like to know if you have availability for a private room. I cannot house her myself and need to find her safe place on her very limited budget. Stroke 5 years ago left him with occipital blindness. He cannot find his clothes, he cannot his shower or phone, or exit door so he requires 24 hour care. She is in fairly good health but is nearly blind from macular degeneration. Would like to come by to see your facility. For example, do you have any residents who are blind? My search did not turn up much in the way of actual facilities offering services for the blind. I did find some encouraging things here and there, for example, Sunrise Senior Living came out with a program many years ago directly geared towards seniors with impaired vision read the article here. I also found this great article by VisionAware , offering some great tips to assisted living staff members to help make a friendlier, safer environment for their residents who are suffering from vision loss. The take-away here is that most facilities do not explicitly advertise that they can care for, or handle residents who have vision problems, or who are blind. This leaves much of the research up to the families, unfortunately. This could mean asking e-mailing or calling each facility to find out what they offer to their blind residents. Possibly, but that might be a long-shot. Assisted Living Directory works with several companies who will do much of the research for you to find the best fit based on your needs and circumstances. If you are trying to place yourself, or a loved-one into assisted living, and need special accommodations for blind or vision issues, we recommend using this service: Unfortunately, vision problems have not become mainstream for facilities, and are rather a side issue to be dealt with on a per-resident basis for the most part. We hope that this changes going forward, and I hope that by posting the many messages from our site visitors above will serve as a wake-up call to facilities to more aggressively connect with and care for those who have special vision needs, or who are blind. If you know of a facility anywhere in the US that has special capabilities for caring for the blind, please let us know in the comments below!

6: Essential Skills - VisionAware

We sell a wide variety of Aids for the Blind and Vision Impaired, including Electronic Magnifiers, Magnifying Lamps, Talking Clocks, Reading Glasses and more.

Royal Society for Blind Children Local organisations There are also many local voluntary organisations around the country that help and support people with vision problems. You can find local support organisations on the Visionary website, which allows you to search by postcode. Your eye specialist ophthalmologist will measure your visual acuity ability to see detail at a distance and your field of vision how much you can see from the side of your eye when looking straight ahead. The aim is to assess your needs and find out what help you require to remain independent, such as help with cleaning and cooking, or help with mobility and transport. Big-button telephone – both landline and mobile models are available from the RNIB online shop. Big-button keyboards, screen display software and text readers are available from the RNIB. Community alarm – this small, wearable device has an alarm button which, if pressed, sends an alarm signal to a response centre, which will alert a nominated friend or carer. Your local authority should be able to provide you with further information. Fluorescent bulbs are recommended because they produce the most light and tend to be cheaper in the long term than conventional bulbs. The way your house is painted can also make it easier to find your way around. Using a two-tone contrast approach, such as black and white, can make it easier to tell the difference between nearby objects, such as a door and its handle or the stairs and its handrail. These can be obtained from a number of places including hospital low vision services, optometrists, local voluntary organisations, and the RNIB. The RNIB also has a collection of large print publications you can borrow, as do most libraries. E-readers are handheld devices that allow you to download books and subscribe to newspapers and magazines on the internet. You can choose a setting that allows you to display text at a larger size. Similar software is available for Apple devices, although you may have to pay a small fee. There are also voice recognition programmes where you speak into a microphone and the software translates what you say into writing. Braille is a writing system where raised dots are used as a substitute for written letters. Braille computer keyboards are also available. Long cane You may find a long cane useful when travelling. The cane will also make drivers and other pedestrians aware that you have sight loss. Guide dogs can help you get around, and provide both a sense of independence and companionship. If you apply for a guide dog, Guide Dogs provide all the essential equipment free of charge and can also offer financial assistance if needed for things like food or vet costs. The Guide Dogs website has more information about applying for a guide dog. Global positioning system GPS A global positioning system GPS is a navigational aid that uses signals from satellites to tell you where you are and help plan your journeys. GPS devices are available as stand-alone units that can be programmed using a Braille keyboard, which tell you your current location and give you directions to where you want to go. If you have a smartphone, there are a number of GPS apps you can download. There are also standards relating to your visual field and driving. Access to Work is a scheme run by Jobcentre Plus that provides advice and support about what equipment and adjustments may be required to enable you to do your job. They also offer a grant to contribute towards the costs of any equipment or training you may need, such as voice recognition software, a Braille keyboard and display unit and a printer that can convert text into Braille Braille embossers. Some people with a visual impairment decide to become self-employed, often because it allows them the flexibility to work at home for hours they choose.

7: Blindness | Low Vision | MedlinePlus

Dogs can be born blind or can become blind through injury or illness. A recent study at Illinois State University has shown that these animals can still be wonderful companions and can easily compensate for their impairment in a number of ways.

8: Living with Low Vision | The Low Vision Center

Vision loss does not have to prevent you from living an active, healthy, fulfilling life. There are many tips and techniques you can learn on your own to retain your independence; in addition, vision rehabilitation services and instruction can provide you with techniques that can help you accomplish many daily living skills safely and independently.

9: Department of Human Services - Commission for the Blind and Visually Impaired | Independent Living

Just a small insight into the struggles i have with living my day to day life whilst mostly blind.

God is not your spouse (what God is like . kind of) Polish your people skills The wrath of John Steinbeck Pluralism and partnership Elements of Language Assessment First Course Test Answer Keys The Fox, the Rose, and the minor contributions of France Sowing and Reaping (1955-1970) Talking about good and bad without getting ugly A Gaia Busy Persons Guide to Crystals 3. The Labour Party and the Company Geometry of foliations Personal accounts Taxmanns company rules e-company forms. Development of flight control system Victim the Other Side of The effects on growth of commodity price uncertainty and shocks Get Fuzzy 2004 Scratch-A-Day Calendar Stimulus functions of caffeine in humans Research paper about bullying in the philippines The visual dictionary of graphic design Bmw 02 replacement bulb list Om, the sacred syllable in the Veda Dermot Killingley Conclusion : resolving the / Here we go loopy-loo History of the circus The Burning Generation Axial axioms by James Alan Gardner The Wychford Murders (Luke Abbot #1) Basic black 26 edgy essentials for the modern wardrobe Ayurvedic perspectives on selected pathologies Radical worksheets with answers V. 2. Books IV-VI and bibliography, Light at Ground Zero Maine Government Projects Developing performance-based assessments Shop the app store The Etruscans begin to speak The Writers Digest flip dictionary World religions speak on the relevance of religion in the modern world. Unit two : The legislative branch.