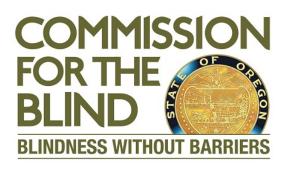
# INDEPENDENT LIVING PROGRAM

# FOR LEGALLY BLIND ADULTS UNDER 55







Free services for those under 55 who are legally blind and not seeking employment.

Our teachers come to your home!

#### **Low Vision Assessments**

Identify ways to maximize your remaining vision with the help of optical aids and lighting.

### **Reading & Writing**

Learn alternative methods of reading, writing, and communicating, including tools such as large print, magnification, and writing guides.

#### **Everyday Tasks**

Learn effective methods for preparing meals, labeling appliances, shopping, identifying clothing and money, telling time, and using the phone.

## Adjustment to Low Vision/Blindness Build self-confidence, Understand all th

Build self-confidence. Understand all that is possible with vision loss.

## **Orientation & Mobility**

Learn to safely navigate your home and community.



**LEARN MORE:** Call 971-673-1588 ocb.mail@ocb.oregon.gov. Or scan the QR code or visit www.oregon.gov/blind.