

RESOURCE GUIDE FOR PEOPLE WITH VISION LOSS

OREGON COMMISSION FOR THE BLIND *Expanding Opportunities for Oregonians with Vision Loss*

This resource guide is provided by the Oregon Commission for the Blind. Please contact us if you have additional ideas, information, or corrections at 888-202-5463. The most current copy of this resource guide can always be found online at: oregon.gov/Blind/guide.shtml

Please note that this guide is not intended to be all encompassing but is designed to make you aware of at least some of the resources available. We are not endorsing any specific resources listed in this guide but invite you to research and determine if any will meet your needs.

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Oregon Commission for the Blind (OCB) Mission Statement

“Empower Oregonians Who are Blind to Fully Engage in Life.”

Services are provided statewide, with counselors and teachers meeting with individuals in their home communities throughout the state.

About Us

The Oregon Commission for the Blind assists eligible Oregonians with vision loss in making informed choices to achieve full inclusion in society through employment, independent living, & social self-sufficiency.

We do this by providing:

- a continuum of services from youth transition to older blind services, including skills training that enables people to remain independent in their homes and communities
- individual and group counseling addressing adjustment to blindness
- employment counseling, training, and job placement
- resources for employers interested in hiring or

- retaining employees with vision loss
- training in adaptive skills for reading, computer use, traveling, job seeking, and other skills, which increase independence and employment for persons experiencing vision loss
- public education on the abilities of people who are blind or visually impaired
- supported employment programs for people who experience vision loss along with other disabilities
- a registry of Oregonians who are legally blind,
- and a clearinghouse for Oregonians seeking information and referral regarding blindness and visual impairment

-

The customers of the Commission for the Blind are:

- Oregonians who experience legal blindness and/or visual impairments and require rehabilitation services in order to be employed or to live independently in their community. The majority of these individuals experience vision loss as adults due to a variety of conditions; such as diabetes, macular degeneration, retinitis pigmentosa or injury.
- Businesses in Oregon who have or are considering hiring employees who are legally blind.
- The taxpayers of Oregon who benefit from

persons with vision loss being fully integrated into their communities. Taxpayers also benefit from individuals who experience blindness entering employment and paying taxes while decreasing or eliminating their dependence on public assistance, including but not limited to premature nursing home care.

OCB Office Locations

Portland – OCB Main Office

535 SE 12th Avenue
Portland, OR 97214
Phone: 971-673-1588
TTY: 971-673-1577
Toll-Free in Oregon: 888-202-5463
FAX: 503-234-7468
<http://www.oregon.gov/Blind/>

Salem

780 Commercial St. SE #200
Salem, OR 97301
Phone: 503-378-8479
FAX: 503-566-8550

Eugene

541 Willamette, Room 408
Eugene, OR 97401
Phone: 541-686-7990
FAX: 541-485-7107

Central/Eastern OR

813 SW Highland Ave. Suite 102

Redmond, OR 97756

Phone: 541-699-5090

Fax: 541-699-5097

Medford

724 South Central Room 110

Medford OR, 97501

Phone: 541-776-6047

Fax: 541-772-0970

Oregonians may call the toll-free 888-202-5463 line for referral to their nearest office.

Board of Directors

The Commission Board consists of seven members who are appointed by the Governor and confirmed by the Senate. To insure the commission is consumer driven, it is required that four members are persons with vision loss that meets the legal definition of blindness. Three members are appointed from the areas of business, labor, optometry, ophthalmology, or education (with a focus on low/no vision). If you would like to know the current members of the Commission Board, please contact the main office at: 971-673-1588 or toll-free in Oregon 888-202-5463.

Oregon Revised Statutes and Laws

Structure of Government Body

ORS 346.110 to 346.570

Under these statutes the OCB is responsible for the administration of programs and services for the blind.

White Cane Law

ORS 811.03514, 811.110, and 814.120

These laws grant and enforce the rights of pedestrians who are blind or blind and deaf. Under these laws a person may carry and use a white cane on the highways and other public places for the purposes of identification and mobility. All drivers must yield to pedestrians using a white cane.

Dog Guide Law

ORS 346.610 and 236.621

These laws give persons with vision loss the right to have their guide dogs with them in any place of public accommodation or on any mode of transportation as long as the person with vision impairment controls the behavior of the dog.

Signature Stamps

Under Oregon law a person who is blind may use a signature stamp when witnessed by a notary public. The notary types "stamped before me by...." Most businesses including banks accept documents signed with a signature stamp. A statement of responsibility may need to be supplied to a bank before they will accept checks signed with a signature stamp. Signature stamps are available from stamp and stationary stores.

Aids and Appliances

Companies with products for people who are blind or visually impaired such as watches, canes, writing guides, and household, personal, and recreational aids:

Independent Living Aids

Has a large selection of talking watches, magnifiers and other low vision aids.

Toll-free: 800-537-2118

www.independentliving.com/

Lighthouse Guild

Has a selection of daily living aids such as talking thermometers, check-writing guides, large-button remotes, games, clocks and watches etc.

Toll Free: 800-284-4422 / TTY 711

250 West 64th Street

New York, NY 10023

www.lighthouseguild.org/

LS&S Group

Has a selection of helpful items from talking health aids such as weighing scales and blood pressure meters to electronic/talking daily aids as well as items for children.

Toll-free: 800-468-4789

TTY: 866-317-8533

www.lssproducts.com/

MaxiAids

Has a selection of computer, household, medical, and mobility items for sale.

Toll-free: 800-522-6294

TTY: 631-752-0738

www.maxiaids.com/

Science Products

Call to inquire about selection of aids such as talking calculators, talking coin and cash register products.

Toll-free: 800-888-7401

<http://www.capttek.net/>

The Sight Connection

Products for Living Well with Vision Loss- Large selection of products designed to help people with vision loss be independent. Magnifiers, talking watches and clocks, CCTV's, 20/20 pens, large-print calendars and much more.

Sight Connection

9709 Third Ave NE #100

Seattle, WA 98115

Toll-Free: 800-458-4888

www.sightconnection.com

Banking Services

Many banks and credit unions (some of which are listed below) now offer the following services:

- iPhone and/or Android apps
- Extra-large checks with boldface print and raised lines
- Bank statements in Braille or large-print
- Braille ATM's
- Headsets for ATM's
- Braille debit cards
- Online banking

Bank of America

Offers iPhone apps, Braille and large-print statements, reader and interpreter services.

Toll-free: 800-432-1000

<https://www.bankofamerica.com/accessiblebanking/state-select.go>

US Bank

Offers iPhone apps, on-line and mobile banking accessibility, talking ATMs in accessible locations, large print and raised guideline checks.

Toll-free: 800-872-2657

Email: accessibilitybanking@usbank.com

<https://www.usbank.com/accessibility-banking/index.html>

Chase Bank

Offers iPhone apps, reader services, information reformatting (braille, large print or audio), talking ATMs and guideline/raised-lined checks.

Toll-free: 800-935-9935

<https://www.chase.com/resources/web-accessibility>

Wells Fargo

Offers iPhone apps, talking ATMs, audio recording of printed material, material in large print or braille and accessible website.

Toll-free: 800-869-3557

<https://www.wellsfargo.com/about/diversity/accessibility/>

Bills & Statements in Braille & Large-Print

A growing number of companies are supplying bills in Braille and large-print upon request. The following are just a few of them:

- City of Portland Water Bureau
- Century Link
- Sears, Roebuck and Company
- Chase
- Horizons for the Blind www.horizons-blind.org

Companies with whom you do business will not know that you need information in accessible format unless you tell them!

Braille/Large-Print/Cassette/Talking Books and Periodicals

American Printing House for the Blind

Manufactures textbooks and magazines in braille, large print, recorded, and digital formats. APH also manufactures hundreds of educational, recreational and daily living products.

American Printing House for the Blind

PO Box 6085

Louisville, KY 40206-0085

Phone: 502-895-2405

Toll-Free: 800-223-1839

www.aph.org

Books Aloud, Inc.

This "reading by listening" program provides a wide variety of recorded reading material to individuals who are blind, visually impaired, physically disabled, or learning-disabled. Cassettes are available on loan at no charge, and play on standard cassette players. Standard cassette players are available on loan at no charge, if needed. Contact Books Aloud for an application.

Books Aloud, Inc.

PO Box 5731

San Jose, CA 95150-5731

Phone: 408-808-2613

www.booksaloud.org

Braille Circulating Library

A circulating library of religious materials available in Braille, large print and on cassette for size-week loan. Includes special resources for children.

Phone: (804) 359-3743

braillecirculatinglibrary@gmail.com

Choice Magazine Listening

A free audio anthology, CML offers the best of contemporary magazine writing to adults who are unable to read standard print. The magazine is recorded on four-track cassette tapes.

Choice Magazine Listening

85 Channel Drive

Port Washington, NY 11050

516-883-8280

Toll Free: 1-888-724-6423

Fax: 516-944-6849

www.choicemagazinelisting.org

Dialogue Magazine

Offers free samples and support group information as well as cassette tapes and CD's about adjusting to blindness. This magazine reviews blind and low-vision products and covers other topics relating to living with blindness. The magazine is available in multiple formats.

Blindskills Inc.

PO Box 5181

Salem, OR 97304

Phone: 503-581-4224

Toll-free: 800-860-4224

www.blindskills.com

Doubleday Large-Print Book Club

Offers a vast selection of bestsellers, romance, self-help, health, mysteries, and more in easy to read large-print at up to 30% off publisher's edition prices.

Doubleday Large-Print Book Club

Membership Services Center

PO Box 916400

Rantoul, IL 61866-6400

www.doubledaylargeprint.com

General Mills

Offers Braille and large-print recipes using their products.

General Mills, Inc.

PO Box 9452

Minneapolis, MN 55440

Toll-free: 800-248-7310

For additional cookbook titles and resources, contact Talking Book and Braille Services.

Global Islamic Foundation for the Blind

Offers resources for visually-impaired Muslims, including online and Braille Qurans.

+91-9847974646

E-mail: gifblind@gmail.com

www.gifblind.com

Horizons for the Blind

Horizons offers a variety of products and services for blind and visually impaired people around the world. Their online catalog offers over 400 items including braille and large print cookbooks, books on plants and gardening, books and kits on crafts, knitting and crochet patterns as well as seasonal baking items.

mail@horizons-blind.org

Phone: 815-444-8800

www.horizons-blind.org

Learning Ally

This national nonprofit service library has thousands of titles in a broad variety of subjects, from literature and history to math and the sciences, at all academic levels through post-graduate and professional. Anyone with a documented disability—including a visual impairment, learning disability, or other physical disability which makes reading standard print difficult or impossible is eligible to become a member and use Learning Ally's audio textbooks. There is a one-time registration fee and an annual membership fee. Applications can be obtained from Learning Ally's website or by calling or writing to them.

20 Roszel Rd
Princeton, NJ 08540
Phone: 800-221-4792
www.learningally.org

Lighthouse Guild

Provides information on large-print books, textbooks, and educational tools. Maintains a free by-mail library of 18-point size large-print titles. They publish booklets related to coping with low vision issues. They also carry a selection of low vision aids.

Toll Free: 800-284-4422 / TTY 711

250 West 64th Street

New York, NY 10023

lighthouse.org/navh

Matilda Ziegler Magazine for the Blind

This magazine is no longer being produced, but there are archive issues on their website

www.matildaziegler.com/

Our Daily Bread

Offers daily devotions and other materials such as Bible studies in large-print. They also have a very accessible iPhone app with daily content for each devotional.

Our Daily Bread RBC Ministries

PO Box 2222

Grand Rapids, MI 49501

Phone: 616-974-2210

<http://ourdailybread.org/>

Reader's Digest Partners for Sight Foundation
Publishes Reader's Digest Select Editions Large
Type. This series is a collection of current fiction,
romance, adventure, mystery, and more.
Reader's Digest Partners for Sight Foundation
Westchester One
44 South Broadway
17th Floor
White Plains, NE 10601
Toll-free: 800-877-5293
www.rdpfs.org

Oregon Talking Book Library
A free national library service for children and
adults who have a visual or physical disability
(including physically based learning disabilities)
that prevents them from reading traditional print
materials. Also available - BARD (**B**raille and **A**udio
Reading **D**ownload). BARD gives users FREE
access to download any NLS digital book they want
24 hrs a day/7 days a week with no limits.
Oregon State Library
250 Winter St NE
Salem, OR 97301-3950
Phone: 503-378-5389
Toll-free: 800-452-0292
www.ortalkingbooks.org

Thorndike Press, Wheeler Large-Print, and Walker Large-Print

Browse the largest collection of titles offered in Large-Print, with a selection of thousands of award-winning, bestselling, popular and classic fiction and nonfiction titles.

Toll-free: 800-223-1244, ext. 4

www.gale.com/thorndike/-/N-5p

Computers and Adaptive Equipment

Access Technologies, Inc.

ATI is a non-profit organization, which provides ergonomic assessments, assistive technology, and technology training services. They offer training and workshops along with a try-before-you-buy equipment rental service.

Administrative Offices and Computer Lab

3070 Lancaster Dr. NE

Salem, OR 97305

Toll-free and TTY: 800-677-7512

Voice and TTY: 503-361-1201

www.accesstechnologiesinc.org

iPhone Applications

Several free and at-cost applications are available for the iPhone. Some examples of free applications are:

- The National Federation of the Blind's Newsline, a free, audible newspaper service.
- SayText, which reads out loud text captured by your camera.
- iBlink Radio, which includes radio stations, podcasts and reading services of special interest to persons who experience visual impairment.
- Color ID, which uses your camera to speak the names of colors in real-time.

- VizWiz, which allows users to recruit remote sighted workers to help them with visual problems in near real-time. Users take a picture with their phone, speak a question and then receive multiple spoken answers.
- KNFB Reader
- BARD
- Voice Dream
- Apple Accessibility

These applications, among others, are available for download through iTunes.

OCB Technology Center (OCB)

Serves the adaptive technology needs of the Commission's clients. Training includes the use of specialized hardware and software such as screen reading and magnifying software. Training in standard Windows applications such as Microsoft Office and Internet Explorer provides a foundation on which all future computer use is built. As a client leaves the Training Center and enters employment, technical assessment, consulting, and expertise are provided via the technology center and outside contractors to ensure the employee has efficient access to software required to perform the job. See page 9 & 10 for contact information.

Oregon Telecommunication Devices Access
Program (TDAP)

Loans adaptive telephone equipment and iPads to Oregonians at no cost and with no income restrictions to eligible Oregonians who have hearing, vision, speech, mobility, or cognitive impairments.

Oregon Public Utility Commission
PO Box 2148
Salem, OR 97308
Phone: 503-373-7171
TTY: 800-648-3458
www.rspf.org

Consumer Groups

American Council of the Blind of Oregon

Seeks the advancement of the social and economic interests of the blind and has local chapters throughout Oregon with over 300 members. The Council publishes newsletters in Braille, large-print, e-mail, and on cassette. They offer scholarships to qualified applicants, monitor and lobby national, state and local government. They are affiliated with the American Council of the Blind, a national non-profit consumer interest organization.

American Council of the Blind of Oregon

PO Box 83

Lakeside, OR 97449

Phone: 541-404-8214

www.acboforegon.org

American Foundation for the Blind

A national information clearinghouse on blindness. They publish the "Directory of Agencies Serving the Visually Handicapped in the US" and a catalog of "Products for People with Vision Problems."

American Foundation for the Blind

2 Penn Plaza

Ste. 1102

New York, NY 10121

Phone: 212-502-7600

www.afb.org

National Federation of the Blind (NFB) of Oregon

A nonprofit organization committed to the empowerment of Oregonians with vision loss through education, advocacy, and mentoring in skills necessary to function independently in a wide variety of life roles. The NFB supports the needs of Oregonians who are blind through special interest groups for seniors, parents of blind children, students, professionals, and homemakers.

National Federation of the Blind of Oregon

State President – Carla McQuillan

Affiliate office telephone, voice or text:

541-653 9153.

Office hours: Monday through Friday, 6:30 AM to 6:30 PM, pacific time

[Send Carla an email](#)

<http://nfb-oregon.org/>

Correspondence Education

The Hadley Institute for the Blind and Visually Impaired

Offers correspondence classes on a wide range of subjects for persons who are blind. The school also has a program for parents of children who are blind. Courses are free of charge to all individuals who are legally blind.

The Hadley Institute for the Blind and Visually Impaired

700 Elm St

Winnetka, IL 60093-2554

Toll-free: 800-323-4238

www.hadley.edu

Enrichment Audio Resource Services

A nonprofit organization that provides, free of charge, audio lesson tapes that teach adaptive daily living skills to persons who are visually impaired and their caregivers. Their list of free cassette lessons includes titles such as The Kitchen Environment, Indoor Mobility, and Managing Medications. The lessons, modeled after current blind rehabilitation techniques, are a must for anyone coping with loss of eyesight. EARS is committed to teaching seniors who have developed limited vision the necessary skills to continue living their lives with confidence and dignity.

Toll-free: 800-843-6816
www.earsforeyes.org

Employment Assistance

Easter Seals CARES (Center for Administering Rehabilitation and Employment Services)

Provides a variety of employment services for people with disabilities.

Easter Seals Oregon

Phone: Portland 503-228-5108

Toll-free: 800-556-6020

Medford: 541-842-2199

Salem: 503-370-8990

<http://www.easterseals.com/oregon/>

Goodwill Industries International, Inc.

Provides job placement, career search assistance, rehabilitation programs, and tax assistance for persons with disabilities.

Goodwill Industries International

15810 Indianola Dr

Rockville, MD 20855

Toll-free: 800-GOODWILL

<http://www.goodwill.org/>

Oregon Commission for the Blind

Provides vocational rehabilitation services to eligible Oregonians. Clients develop individualized plans for employment. Some services include vocational counseling, training, placement, and computer technology. See pg [12 & 13](#) for contact information.

Incight

To cause the success of education, employment, networking, and independence for people with disabilities.

Incight Headquarters
111 SW Columbia Street
Suite 1170
Portland, OR 97201
971-244-0305
incight.org/

WorkSource Oregon

A statewide group dedicated to stimulating job growth by connecting businesses and workers with the resources they need to succeed.

Portland: 503-280-6046
Bend: 541-388-6070
Salem: 503-378-4846
Medford: 541-776-6060
Eugene: 541-686-7601
La Grande: 541-963-7111
<http://worksourceoregon.org/>

Vocational Rehabilitation Services

Vocational Rehabilitation Serves people with disabilities throughout the state. They assist individuals with disabilities in getting and keeping a job that matches their skills, interests and abilities. Toll-free: 877-277-0513

www.oregon.gov/DHS/vr

The Oregon Commission for the Blind is a separate agency from Vocational Rehabilitation Services and is specifically designated to provide employment and independent living services to Oregonians with vision loss. Please contact the commission to learn more about eligibility requirements and services available.

Eye Care/Low Vision Services

Many clinics offer or refer to a low-vision specialist. Low-vision clinics offer vision evaluations including visual acuity refraction; prescription of optical aids; demonstration of practical non-optical aids; information on adaptive skills for managing daily activities; library of low vision products and catalogs; and referral to additional resources. These resources are also available at the Oregon Commission for the Blind. See page 9 & 10 for contact information.

Casey Eye Institute: Offers comprehensive low vision evaluations including visual acuity refraction; prescription of optical aids; demonstration of practical non-optical aids; information on adaptive skills for managing daily activities; library of low vision products and catalogs; and referral to additional resources.

Casey Eye Institute OHSU
3375 SW Terwilliger Blvd
Portland, OR 97239-4197
Phone: 503-494-3000
Toll-free: 888-222-6478

<http://www.ohsu.edu/xd/health/services/casey-eye/index.cfm>

Devers Eye Institute (Legacy Low Vision Clinic):
Offers assessment of visual functioning, low vision clinical examination and instruction, prescription and dispensing of optical and non-optical aids, information and referral.

Good Samaritan Building 2
1040 NW 22nd Ave., 1st Floor
Portland, OR 97210
Phone: 503-413-8202

<http://www.legacyhealth.org/health-services-and-information/health-services/for-adults-a-z/eye-care.aspx>

Eye Care America

A public service program providing medical and surgical eye care to low-income US citizens or legal residents who are 65 or older. Call the EyeCare America help line to see if you are eligible for medical eye care at no cost.

PO Box 429098
San Francisco, CA 94142-9098
Phone: 877-887-6327
www.eyecareamerica.org

Oregon Academy of Ophthalmology

Provides list of ophthalmologists in Oregon and other related information.

8 N State Street, Suite 200

Lake Oswego, OR 97034

staff@oregoneyephysicians.org

503-222-3937

www.oregoneyephysicians.org

Oregon Optometric Physician Association

Provides a list of optometrists in Oregon and other related information.

4404 SE King Road

Milwaukie, OR 97222

Phone: 503-654-5036

Toll-free: 800-922-2045

www.oregonoptometry.org

Financial Resources

Directory Assistance Exemption

You may qualify for exemption from charges for directory assistance calls in your area code or calls with operator-assisted dialing. To qualify for this exemption, you must sign a form certifying that you are unable to use a telephone directory. You can obtain an application for this service from the carrier of your choice.

Blanche Fisher Foundation

This foundation makes direct grants on behalf of individuals with physical disabilities. The aid may relate to the disability or may indirectly foster independence. The foundation prefers to supplement other resources rather than be the sole source of funding. Call to apply for a grant.

Blanche Fischer Foundation

4931 SW 76th Ave #346

Portland, OR 97225

Phone: 503-246-4941

Fax: 971-865-2142

www.bff.org

Digital Federal Credit Union

Offers "Access and Mobility Loans" at low interest to persons with disabilities.

Digital Federal Credit Union

220 Donald Lynch Blvd

PO Box 9130

Marlborough, MA 01752-9130

Phone: 508-263-6700

Toll-free: 800-328-8797

www.dcu.org

Free Telephone Number Search

800-373-3411

Income Tax Exemption

A taxpayer who is legally blind may be entitled to a tax exemption based on their blindness on their federal tax return. If you have any questions regarding this exemption call the IRS.

Toll-free: 800-829-1040

www.irs.gov

Mailing Free Matter for the Blind and Visually-Handicapped Persons

Braille, large print, and cassettes may be mailed free of charge to persons with visual impairments within specific guidelines. For more information, contact your local post office.

Social Security Administration

Directs SSI and SSDI, which pay monthly benefits to eligible people. Work incentives are available to support individual's goals to self-sufficiency. For more information ask Social Security for the publication "If You Are Blind: How Social Security and SSI Can Help" (publication #0510052).

Toll-free: 800-772-1213

Toll-free TTY: 800-325-0778

www.ssa.gov

Supplemental Security Income (SSI)

To be eligible for SSI based on a medical condition a person must:

1. Have little or no income, assets or resources.
2. Be considered medically disabled.
3. Not working or working but earning less than an amount called the "substantial gainful activity" level.

Apply for SSI at your local Social Security office.

Social Security Disability Insurance (SSDI)

To be eligible a person must:

1. Have worked and paid Social Security taxes for enough quarters to be covered under Social Security.
2. Be considered medically disabled.

3. Not be working or working, but earning less than an amount called the “substantial gainful activity” level.

Apply for SSDI at your local Social Security office.

Veterans Administration Visual Impairment
Services Team (VIST) Coordinators

Veterans of the armed forces or military who are visually impaired, whether or not service connected, may qualify for benefits ranging from low vision evaluations, counseling and rehabilitative services at regional centers. The Visually Impaired Services Team can also refer veterans for other available services.

Phone: 202-461-7317

<http://www.va.gov/BLINDREHAB/VIST.asp>

Guide Dog Schools

The following is a list of only a few of many dog guide schools. Most schools require students to attend onsite training for several weeks, which is sometimes followed up by training in the student's home community.

Most schools provide the training, room, board, and dog at no cost to the student. Many also provide financial assistance for the dog's feeding and care. Some schools will provide dogs to students who have additional disabling conditions. For more information about dog guides and a school's particular training/services, please contact that school directly.

Guide Dogs for the Blind, Inc.

National Office

PO Box 151200

San Rafael, CA 94915-1200

Toll-free: 800-295-4050

www.guidedogs.com

Oregon Campus

32901 SE Kelso Rd

Boring, OR 97009

Phone: 503-668-2100

Guide Dog Foundation
371 E. Jericho Turnpike
Smithtown, NY 11787-2976
Toll-free: 800-548-4337
www.guidedog.org

Guiding Eyes for the Blind
611 Granite Springs Rd
Yorktown Heights, NY 10598
Toll-free: 800-942-0149
www.guidingeyes.org

Leader Dogs for the Blind
1039 South Rochester Rd
Rochester, MI 48307
Toll-free: 888-777-5332
TTY: 248-651-3713
www.leaderdog.org

Pilot Dogs, Inc.
625 West Town St
Columbus, OH 43215
Phone: 614-221-6367
www.pilotdogs.org

Health Care

Medicaid

A medical insurance program for people who receive SSI. Medicaid can help meet the medical, and/or dental needs of people who meet low income and resource qualifications. Funding comes from federal and state sources.

Medicare

A medical insurance program for people who receive social security benefits.

Oregon Health Plan (OHP)

Offers health care to its members at little or no cost. There are many ways that you may be eligible for OHP if you live in Oregon and are a U.S. citizen or an eligible non-citizen. Different eligibility rules and income levels apply to different groups of people. Call to apply for OHP coverage or learn more.

Division of Medical Assistance Programs

Administrative Office

500 Summer St NE

Salem, OR 97301-1079

Phone: 503-945-5772

Toll-free: 800-527-5772

TTY Toll-free: 800-375-2863

www.oregon.gov/DHS/healthplan

If you receive Supplemental Security Income (SSI) benefits, are eligible for Medicare, or are 65 years of age or older, call your local Department of Human Services (DHS) or Area Agency on Aging (AAA) office, toll-free at: 800-282-8096 (voice and TTY) for more information about the OHP and other health care programs.

Housing Services

Oregon Housing & Community Services

Administers federal and state antipoverty, homeless and energy assistance, and community service programs, as well as providing information and referrals. OHCS also assists in the financing of single-family homes, the new construction or rehabilitation of multifamily affordable housing developments, as well as grants and tax credits to promote affordable housing.

725 Summer St NE Suite B

Salem, OR 97301-1266

Phone: 503-986-2000

TTY: 503-986-2100

www.ohcs.oregon.gov

Access (Medford area)

Access provides housing, warmth and other essential services to Jackson County's low income children, families, seniors and people with disabilities.

3630 Aviation Way

PO Box 4666

Medford, OR 97501

Phone: (541) 779-6691

www.accesshelps.org

Community Action (Washington County)

Community Action leads the way to eliminate conditions of poverty and creates opportunities for people and communities to thrive.

1001 S.W. Baseline Street

Hillsboro, OR 97213

Phone: 503-648-6646

www.caowash.org

Klamath & Lake Community Action Services

KLCAS provides homelessness prevention program and they provide information and resources for homebuyers and homeowners.

2300 Clairmont Drive

Klamath Falls, OR 97601

Phone: 541-882-3500

Toll Free: 866-665-6438

www.klccas.org

Home Forward (Portland area)

Home Forward is dedicated to providing safe, decent and affordable housing for individuals and families who are challenged by income, disability or special needs.

135 SW Ash Street

Portland, OR 97204

Phone: 503-802-8300

www.homeforward.org

Housing Works (Central Oregon)

Housing Works is a local housing authority for Deschutes, Crook and Jefferson counties. They provide affordable housing, rental assistance and new beginnings for low and moderate income Central Oregonians.

405 SW 6th Street

Redmond, OR 97756

Phone: 541-923-1018

<http://www.housing-works.org/>

For Rental Assistance Needs:

Visit <http://www.211info.org> for information concerning rental assistance or Dial *2-1-1* for additional resources and information.

Fair Housing Council of Oregon

FHCO is a nonprofit in Oregon dedicated to eliminating housing discrimination. Under federal and state housing law, disability is a protected class. From any moment of the housing process, buying, renting, acquiring a loan, etc. no one should be discriminated against based on protected classes. (Disability)

If you are renting, buying a home, or any point in between, call FHCO if you believe you have a fair housing question. FHCO is not a law firm, but they

can help you with your fair housing situation.
<http://fhco.org/>

DMV Identification Card

The Oregon Department of Motor Vehicles handles the regulation and distribution of Oregon ID cards. Oregon Identification Cards are issued to non-driving residents for identification purposes in lieu of an Oregon driver's license. You can find Oregon ID Card resources and information at Oregon's licensing web site or by calling your local DMV office

<http://www.oregon.gov/odot/dmv/Pages/index.aspx>

Centers for Independent Living

Centers for Independent Living are organizations operated by people with disabilities, for people with disabilities. The CIL's mission is to help people with disabilities live as independently as possible in communities that understand and value their contributions.

Abilitree

2680 NE Twin Knolls Dr.

Suite 150

Bend, OR 97701

Hours: 8AM - 4PM

Phone: (541) 388-8103

Fax: (541) 617-5845

<http://www.abilitree.org/>

Eastern Oregon Center for Independent Living (EOCIL)

Ontario Toll-free: 866-248-8369

Pendleton Toll free: 877-711-1037

The Dalles Toll free: 855-516-6273

www.eocil.org

HASL Independent Abilities Center

305 NE E Street

Grants Pass, OR 97526

Phone: 541-479-4275

Toll-free: 800-758-4275

www.haslonline.org

Independent Living Resources (ILR)

1839 NE Couch St.

Portland, OR 97232

Phone: 503-232-7411

www.ilr.org

Lane Independent Living Alliance (LILA)

20 E 13th Ave.

Eugene, Oregon 97401

phone/fax: 541-607-7020

www.lilaoregon.org

Spokes, Unlimited

1006 Main St

Klamath Falls, OR 97601

Phone and TTY: 541-883-7547

www.spokesunlimited.org

Umpqua Valley disAbilities Network

736 SE Jackson St

Roseburg, OR 97470

Phone: 541-672-6336

TTY: 541-440-2882

www.uvdsn.org

Legal Assistance

Disability Rights Oregon

511 SW 10th Avenue, Suite 200
Portland, Oregon 97205

Phone: 503-243-2081

Toll-free: 800-452-1694

<http://www.disabilityrightsoregon.org/>

Legal Aid in Oregon: Accessing Services

Medford: 541-779-7291

Bend: 541-385-6944

Grants Pass: 541-476-7058

Klamath Falls: 541-275-0533

Eugene: 541-485-1017

Portland: 503-224-4094

Salem: 503-581-5265

Ontario: 541-889-3121

www.oregonlawhelp.org

Northwest ADA Center

Provides technical assistance, information, and training regarding the Americans with Disabilities Act (ADA). Specialists are available to answer questions pertaining to all titles of the ADA and related legislation. Staff members are available for training on these titles and can cater trainings for a specific audience.

Northwest ADA Center
Center for Continuing Education in Rehabilitation
University of Washington
6912 220th St. SW
Ste. 105
Mountlake Terrace, WA 98043
Toll-free and TTY: 800-949-4232
TTY: 425-248-2480
www.dbtacnorthwest.org

Oregon State Bar Association
16037 SW Upper Boones Ferry Rd
Tigard, OR 97224
Phone: 503-620-0222
Toll-free: 800-452-8260
www.osbar.org

St. Andrew Legal Clinic (SALC)
SALC is a public interest law firm that provides legal services to low-income families. Services include child custody/support, domestic violence intervention, divorce, guardianship, parenting time and step-parent adoption.
Multnomah County: 503-281-1500
www.salcgroup.org

TEL-LAW

Tel-law is a collection of recorded legal information messages prepared by Oregon lawyers. Written

transcripts are available online. Messages are designed to help individuals understand legal problems, understand the justice system, and know where to go for help.

Phone: 503-620-3000

Toll-Free: 800-452-4776

www.oregonstatebar.org

News and Current Events

NFB-NEWSLINE®

The National Federation of the Blind developed NFB-NEWSLINE® to be used by anyone who cannot read a printed newspaper because of a visual or physical disability. NFB-NEWSLINE® uses the latest digital technology to bring readers who are blind and visually impaired an easy-to-use telephone service that "reads" all the text from various newspapers across the country. Users need only a touch-tone phone and their personal identification numbers to access the nationwide, toll-free number. By following a touch-tone menu, you will be able to access different sections of the newspaper. You choose the newspaper and voice you prefer. NFB-NEWSLINE® now offers more choices than ever, including special local channels to distribute announcements of specific interest to persons who are blind. This service is also available on iDevices via the NFB Newsline App.

Some Oregon newspapers currently available through NFB-NEWSLINE® are:

The Oregonian, The Statesman Journal, Oregon AP Newswire

If you are a registered user of TBABS (see page 27), call Talking Book and Braille Services at 800-452-0292 or email tbabs.info@state.or.us. Staff can sign you up for the service over the telephone. All users are assigned a personal identification number (PIN) and a security code to gain access to NFB-NEWSLINE®.

Funding for this service is provided by Oregon Commission for the Blind, National Federation for the Blind of Oregon and the State Library, Talking Book and Braille Services. You may visit the NFB-NEWSLINE® at: www.nfbnewsline.org

Parking Permits

Disabled Person Parking Permits

Special parking privileges are available for individuals with disabilities. Those who are certified by an authorized health care specialist as having a permanent or temporary disability are eligible for a Disabled Person Parking Permit. You may apply at your local DMV office or you can download an application from their website and mail it to:

DMV Driver Issuance Unit

1905 Lana Ave NE

Salem, OR 97314

www.oregon.gov/ODOT/DMV/driverid/disparking.shtml#apply

Recreation

Golden Access Passport

Available to U. S. citizens or permanent residents who have a permanent disability. The pass is free and is good for life. It provides free entrance to most federal recreation areas and provides a 50% discount on use fees, such as camping fees.

Golden Access Passports must be obtained in person at federal locations where an entrance fees are charged. You may obtain a Golden Access Passport by showing proof of medically determined permanent disability, or eligibility for receiving benefits under federal law.

Oregon Parks & Recreation Dept.
State Parks
725 Summer St NE
Suite C
Salem, OR 97301
Phone: 503-986-0707
Toll-free: 888-Go Parks (888-467-2757)
<https://oregonstateparks.org/>

Oregon Department of Fish & Wildlife

Offers a permanent disabilities permit that enables anglers to fish from an anchored craft and will allow access to fishing sites reserved for persons with disabilities. You must also purchase licenses and tags. The permanent angling license has been eliminated.

Oregon Department of Fish & Wildlife

4034 Fairview Industrial Drive SE

Salem, OR 97302

Main Phone (503) 947-6000

<https://www.dfw.state.or.us/>

Oregon Department of Fish and Wildlife Hunting Licenses and Permanent Disabilities Permits

A legally blind person may obtain an Oregon Department of Fish and Wildlife (ODFW) Permanent Disabilities Permit that allows the blind person to hunt with a designated shooter. This permit must be obtained through the Salem ODFW office. Applications are available on the internet and at sporting goods stores. The Permanent Disabilities Permit is not a license or tag. Hunters must also obtain a hunting license and apply for and/or purchase appropriate tags prior to specified tag sale deadlines to hunt in controlled and general big game seasons

Oral Hull Park

This park is run by a group of volunteers who form the Oral Hull Foundation for the Blind. The park is for both persons who are blind, people with sight and their friends and family. It provides overnight accommodations with kitchen facilities and/or prepared meals, fishing, a fragrance garden, swimming pool, hot tub, and recreation room. There are special events such as summer camp and fund raising events. Call Oral Hull for daily or weekend rates.

Oral Hull Park

43233 SE Oral Hull Road

PO Box 157

Sandy, OR 97055

Phone: 503-668-6195

www.oralhull.org

Northwest Association of Blind Athletes (NWABA)

NWABA provides experiences in sports, such as tandem biking, kayaking, and skiing, to individuals of all ages and abilities with visual impairments who have never before been able to experience them.

311 West Evergreen, Suite 200

PO Box 65265

Vancouver, WA 98665

Local: (360) 448-7254

Toll Free: (800) 880-9837

Referral Services

2-1-1

An easy-to-remember telephone number that helps connect people in need with the community resources available to help meet those needs.

If you are in an emergency, dial 9-1-1.

If 2-1-1 is not available from your location or telephone, dial 503-222-5555 or 503-655-8861.

Senior Services & Area Agencies on Aging

Aging and People with Disabilities

For information regarding caregiver and adult foster homes, assisted living facilities, resource and needs assessment, and Supplemental Security Income (SSI) applications.

DHS Aging and People with Disabilities

500 Summer St NE, E02

Salem, OR 97301-1073

Phone: 503-945-5811

Toll-free: 800-282-8096

TTY: 503-282-8096

www.oregon.gov/DHS/spwpd

Aging and Disability Resource Connection (ADRC)

A resource directory for Oregon families, caregivers and consumers seeking information about long-term supports and services.

Phone: 1-855-673-2372

<https://adrcforegon.org>

Area Agencies on Aging

Oregon's 17 Area Agencies on Aging provide information and assistance on older adult needs and resources, as well as services including nutrition, in-home care, case management, caregiving, legal services, and transportation.

Central Oregon Council on Aging
373 NE Greenwood Ave
Bend, OR 97701
541-678-5483

Clackamas County Social Services
2051 Kaen Road
Oregon City, OR 97045
503-655-8640

Community Action Program East Central OR
721 SE 3rd, Suite D
Pendleton, OR 97801
Toll Free: 541-276-1926

Community Action Team
125 N 17th St
St. Helens, OR 97051
503-397-3511

Community Connection of Northeast Oregon
2802 Adams Avenue
LaGrande, OR 97850-2621
541-963-3186

Douglas County Senior & Disability Services
1036 SE Douglas Ave
Roseburg, OR 97470
Monday - Friday 8 A.M. - 5 P.M
Phone: (541) 440-3677 Fax: 541-440-3658

Harney County Senior & Community Services
Center
17 South Alder Street
Burns, OR 97720-2048
541-573-6024

Klamath Basin Senior Citizens Council
2045 Arthur St
Klamath Falls, OR 97603
Phone: 541-883-7171
Lane Council of Governments
859 Willamette St.
Suite 500
Eugene, OR 97401
Ph: 541-682-4283
Fx: 541-682-4099

Malheur Council on Aging
842 SE 1st Avenue
Ontario, OR 97914-3621
541-889-7651

Mid-Columbia Council of Governments
3641 Klindt Drive,
The Dalles, OR 97058
(541) 298-4114
(800) 452-2333
TTY: (541) 298-3270
www.ADRCofOregon.org

Multnomah Co, Aging & Disability Services
421 SW Oak St, Suite 510
Portland, OR 97204
503-988-3646

Northwest Senior & Disability Services
3410 Cherry Ave NE
Salem, OR 97309
503-304-3400 or Toll Free: 800-469-8772

Oregon Cascades West Council of Governments
1400 Queen Ave SE, Suite 206
Albany, OR 97322
541-967-8630 or Toll Free: 800-638-0510

Rogue Valley Council of Governments -
Senior & Disabled Services
155 N First Street.
Central Point, OR 97502
541-664-6674

South Coast Business Employment Corp.
93781 Newport Lane
Coos Bay, OR 97420
541-269-2013 or Toll-free 800-858-5777

Washington County Disability, Aging & Veteran
Services
5240 NE Elam Young Parkway
Hillsboro, OR 97124
503-846-3060

Shopping Services

Grocery Stores: Most supermarkets will provide shopping assistants to help you locate your selections. Many are offering online grocery shopping with delivery.

Fred Meyers: www.fredmeyer.com

Safeway: www.shop.safeway.com

Schwans: <https://www.schwans.com/landing/default.aspx?id=thirty>

Instacart: www.instacart.com (also available on iPhone or Android app) Groceries delivered within one hour.

Store to Door of Oregon:

A non-profit agency that facilitates independent living for seniors and people with disabilities by providing a low-cost, personalized grocery shopping and delivery service. The area is limited to Multnomah County and parts of Washington County (Beaverton, Hillsboro, and Aloha.)

7730 SW 31st Avenue

Portland, OR 97219

Phone (503) 200-3333

Fax (971) 239-4951

office@storetodooroforegon

Phone: 503-200-3333

www.storetodooroforegon.org

Support Groups

OHSU Casey Eye Institute

Compiles a list of Support Groups.

Phone: 503-494-3537

www.caseyamd.com (Resources/support)

Independent Living Resources (ILR)

Offers vision support groups

1839 NE Couch St

Portland OR, 97232

Phone: 503-232-7411

<http://www.ilr.org/services.shtml>

Guide Dog Users of Oregon

A consumer group affiliated with Guide Dog Users, Inc., offering support and special interest groups.

Guide Dog Users of Oregon

14761 SW Beard Rd #202

Beaverton, OR 97007-8137

Phone: 503-523-7351

The Oregon Commission for the Blind also offers a one term (12 week) Living With Blindness class for clients referred by their vocational rehabilitation counselor and receiving services at the training center. Please contact OCB at 1-888-202-5463.

Transportation

Most counties in Oregon provide people with disabilities with reduced fares on local public transportation.

Amtrak

Offers discounts to passengers with disabilities. To receive the discount you must book your reservation by telephone or at a ticket counter. You must also provide written documentation of disability at the ticket counter and when boarding the train. Contact Amtrak about the kinds of acceptable forms of documentation of disability.

Toll-free: 800-872-7245

TTY: 800-523-6590

www.amtrak.com

Cherriots

Salem-Keizer Transit

555 Court Street NE, Suite 5230

Salem, OR 97301

Phone: 503-588-2424

Fax: 503-566-3933

www.cherriots.org

Dial-a-Ride—Central Oregon

Phone: 541-385-8680

Toll free: 866-385-8680

Klamath Basin Transit
1130 Adams St
Klamath Falls, OR 97601
Phone: 541-883-2877
www.basintransit.com

Lane Transit District
3500 East 17th Avenue
Eugene, OR 97403
General Information
541-687-5555
www.ltd.org

Rogue Valley Transportation District (serving
Medford, Ashland, Phoenix, Talent, Jacksonville,
White City, and Central Point.)
Phone: 541-779-2877 (Bus schedule info)

Rogue Valley Lift Dial-A-Ride Service
Phone: 541-779-2877
TTY: 541-734-9292
www.rvtd.org

TriMet (Portland Metro Area)
Offers reduced fares for people with disabilities
through an "Honored Citizens" program. To receive
this service, contact the Commission for the Blind
for an application. TriMet also offers a notebook of
large numbers which allows the bus driver to see

what bus you are waiting for. This notebook is in large-print with large-cell Braille numbers on each card. To obtain this notebook, call TriMet's Honored Citizen office or visit the office in person at Pioneer Courthouse Square at Sixth Avenue and Yamhill Street in downtown Portland.

Phone: 503-962-2455

TTY: 503-962-5811

www.trimet.org

TriMet Lift Service

Provides door to door services for registered customers unable to ride fixed-route buses.

Reservations/Information: 503-962-8000

Phone: 503-962-8200

TTY: 503-962-8229

www.trimet.org

Uber

Uber is a smart way to get around. One tap on their app and a car comes directly to you. Payment is completely cashless.

www.uber.com

Lyft

The Lyft app matches you with local drivers at the tap of a button.

www.lyft.com

Greyhound

Call Greyhound's Customers with Disabilities Travel Assistance Line to learn about their Personal Care Attendant program.

Toll-free: 800-752-4841

<https://www.greyhound.com/>

Portland International Airport

For air travel, individuals who are blind may request either "Meet and Assist" or "Ground Assistance" services (including wheelchair) for assistance locating gates and getting on the plane. Call the airline representative or travel agent for details.

Phone: 503-415-6000

Voting

Voter registration forms are available at post offices, public libraries, on-line, telephone blue pages and the Oregon Commission for the Blind. An audible version of the Voter's Pamphlet is available through TBABS Contact information for TBABS is on page 27.

Please visit <http://www.droregon.org/need-help/voting> for further information regarding use of an Alternate Format Ballot, as well as accessibility features that include screen-readers and text-enlargers.

Audio Voter's Guide

The League of Women Voters of Oregon produces a web-based audio voter's guide for state primary and general elections. The files are in mp3 format, and they are all downloadable.

Hours: Monday – Friday, 9 am – 1 pm

Oregon League of Women Voters

1330 12th Street SE

Ste 200

Salem, OR 97302

Phone: 503-581-5722

www.lwvor.org

Disabled Voters:

In Oregon, votes are cast by mail. As such, an Oregon voter must sign their ballot envelope for proof of the voter's identity.

If you are a registered voter in Oregon with a disability, you may fill out an attestation form, which allows you to sign your ballot envelope with an X, instead of your signature.

If you have questions on how to do this, the form is in the link below, or call your County's election office.

<http://sos.oregon.gov/elections/Documents/SEL540.pdf>

TIPS

These tips are simply methods that persons with visual impairments have discovered for performing everyday household tasks. Most likely you will develop your own system for getting things done. We hope these tips will get you started.

There is also a section to share with your family and friends to let them know how they can be of assistance to you.

Training in these and many other techniques is available through the Oregon Commission for the Blind (OCB).

Using Equipment and Appliances

Telling time

Talking clocks are available at many major stores or through catalogs. If you prefer to read the time, you can purchase a clock with large numbers or a Braille watch. Another potential method for telling time is to buy an inexpensive alarm clock and pry the face off so that the clock hands may be read with your fingers.

Reading Temperatures, Scales, And Other Measuring Devices

Talking thermometers scales, calculators, and other devices are available at many stores or through mail order catalogs.

Setting thermostats and appliance dials

You can mark thermostats and dials on stoves, washers, dryers, televisions, and other appliances by placing tactile dots of silicone caulking or plastic on dial settings. The dial is set by matching one of these dots with a dot placed on the backboard above the dial at the "On" location. Place these dots at frequently used settings. These can be used as reference points to estimate other settings. If desired, use a color that contrasts with the appliance to enhance visibility. Two products ideal for marking dials and other household equipment are silicone caulking which is available at most hardware stores and a product called Hi-Marks, which is available at many stores and at OCB. Hi-Marks is a tube of soft plastic that hardens on application. The plastic is bright orange and can be read by sight or touch.

Handling Finances

Identifying Money

Coins can be identified by feeling the size and edges. You can tell quarters and dimes by their ridges, and nickels and pennies by their smooth edges. Bills can then be identified by placing ones unfolded in your wallet, fives folded once lengthwise, tens folded once widthwise, and twenties folded twice, once lengthwise and once widthwise. Larger bills and one dollar bills could be placed in separate compartments of your wallet or purse.

Free Currency Reader

In advance of issuing tactile-enhanced Federal Reserve notes, the Bureau of Engraving and Printing (BEP) is providing currency readers, free of charge, to eligible blind and visually impaired individuals. All U.S. citizens, or persons legally residing in the U.S. who are blind or visually impaired can request a free currency reader from BEP by downloading the application at the site below:

<http://www.bep.gov/uscurrencyreaderform.html>

Writing Checks

A check-writing stencil and signature guide may help in filling out checks and signing your name. These can be obtained by contacting OCB. Many banks furnish raised line or large-print checks for customers who are visually impaired. Check with your bank to see if they provide this service.

Preparing Meals

Identifying Packaged Foods

Food products can be identified through a variety of simple methods. Make a habit of keeping different kinds of products on different shelves. For example, place canned vegetables on the top shelf and canned fruits on the bottom. Place rubber bands on similar canned goods to distinguish one can from another. For example, use one rubber band for creamed corn and two for whole kernel corn. Or place a rubber band at the top of a can of tomato soup and in the middle of the can of chicken noodle soup. If you can read larger print, try making a large-print label to wrap around the cans. Other labeling methods are magnetic toy letters, magnetic tape with raised large-print or Braille letters, or nail polish. There are also stand-alone devices and iDevice applications that will take a picture and read the items aloud. The PenFriend audio labeler is also a great tool for this

task. This revolutionary labelling system was designed for anyone who cannot see. Labelling everything from your CD collection to frozen foods is literally as easy as 1, 2, 3 ...

www.braillebookstore.com/PenFriend-Audio-Labeler.1

Organizing Cooking Materials

Place equipment and ingredients on a large tray of a color that contrasts with your work surface to keep objects from rolling, spilling, or becoming misplaced. You may want to use a second tray as a workspace or transfer each item after it has been used.

Pouring

Liquids can be poured into a cup or glass without spilling by using one of several methods:

1. Use weight as a guide by judging the weight of the container when empty and then when full.
2. Place index finger in the glass up to the first knuckle. When the liquid reaches your fingertip, stop pouring.
3. When pouring very hot or cold liquids, place your hand on the outside of the container to feel the level rise.

4. For hot liquids, measure while cold, pour into saucepan, heat and return to the cup.
5. Purchase a device equipped with a sound alert indicator to let you know when the liquid level nears the top of a container such as:
https://www.rehabmart.com/category/liquid_indicator.htm

Using Recipes

Record your favorite recipes or write them out in large-print using a felt tip pen or print them out on a computer. Recorded, large-print and Braille cookbooks are also available.

Personal Care

Identifying Clothing

Organize clothes by locations in closet and drawers. Some items can be identified by texture, style, or by simple things such as shapes of buttons. Identify the color of clothes by attaching a tactile labeling device. Commonly used labels are clothing tags with raised marks and small safety pins placed in the waistband or collar. Use small safety pins to match socks. Pins placed in specific area of socks can be used to determine color. For example, pinning socks at the toe might designate blue and at the heel might designate brown. Pin socks together before washing to keep pairs

matched. The PenFriend audio labeler is also a great tool for identifying clothing.

www.braillebookstore.com/PenFriend-Audio-Labeler.1

Sewing

When sewing or mending take advantage of widely used products such as self-threading needles, Velcro fasteners and Stitch Witchery.

Identifying Medicines

Use many of the same techniques that you use to label food to identify medicine containers. The different sizes and shapes of the containers may also be of help. ScripTalk Station provides those who cannot read the information on their prescriptions a safe and easy way to manage their personal healthcare. Simply press a button and place the special Talking Label over the reader. A pleasant natural sounding voice speaks all the information printed on the label. To learn more: <https://www.envisionamerica.com/products/scriptability/scriptalk/scriptalk-station-for-patients/>

Tips for Dealing with Family, Friends and Others

Because many people are uncertain of the needs of individuals who are visually impaired, they can be awkward and uncomfortable when spending time with you. You can help clear up this awkwardness by stating your needs as plainly as possible. Here are some tips on how you might do this in several common situations.

Receiving Assistance

Tell others that if they think you might need assistance, they should simply ask if they can be helpful and how. Ask them not to make assumptions about your needs. By making this request, you are asking others for the same courtesy they would extend to anyone.

Walking with A Sighted Person

Instead of allowing others to grab onto you while you are walking with them, you will find that it is both safer and more comfortable for you to hold onto their elbow. Let others know that this is your preference and demonstrate for them how this technique works. Grasp their arm above the elbow gently but firmly. Walk slightly behind them so that you can follow their motions. Let them know that physical cues are usually all that are necessary to

signal where they are going and that verbal explanations usually are not needed.

Receiving Directions

Let people know what type of information you wish to receive. Let them know that specific terms such as "right," "left," "north," "west," are better than pointing or saying "over there". Ask clerks in stores to take you directly to the aisle and not to say "in aisle 4".

Conversing with Others

You may find that others are at first uncertain about how to speak with you. They may address their comments to your sighted companions rather than speak directly to you. Or they may speak more loudly than usual. Let them know that if they wish to get your attention, they should simply address you by name.

Participating in Hadley Online Seminars

The mission of Hadley Institute for the Blind and Visually Impaired is to promote independent living through lifelong, distance education programs for individuals who are blind or visually impaired, their families and blindness service providers.

Hadley has a course for you if you are:

- A blind or visually impaired individual 14+ years of age
- A relative of a blind or visually impaired child
- A family member of a blind or visually impaired adult
- A professional or paraprofessional in the blindness field

www.hadley.edu/SeminarUpcomings.asp

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