

Let us help guide you through the first steps toward independence and personal freedom.



Oregon's *Independent Living for the Older Blind Program* helps provide training and resources to residents age 55 and over who experience vision loss.

These resources help encourage Oregon residents with vision loss to participate in their communities, engage in leisure and recreational activities, volunteer, travel safely and maintain a greater level of independence.

*"The OCB taught me skills that released me from dependence on others and gave me control over my life"*

*- OCB Client, Eugene*

# OREGON COMMISSION FOR THE BLIND

*Expanding Opportunities  
for Oregonians with  
Vision Loss*

## PORTLAND OFFICE

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## REGIONAL OFFICES

Central/Eastern OR (541) 699-5090

Eugene (541) 686-7990

Medford (541) 776-6047

Portland (971) 673-1588

Salem (503) 378-8479

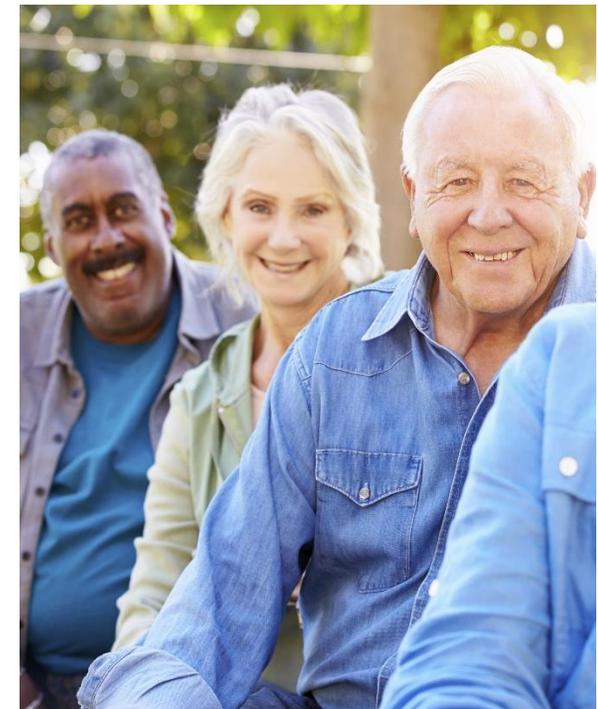
Any Oregon resident with vision loss age 55 and over interested in receiving services from OCB is encouraged to learn more by contacting the nearest location or call us toll free in Oregon at (888) 202-5463.

Updated August 2017

# OREGON COMMISSION FOR THE BLIND

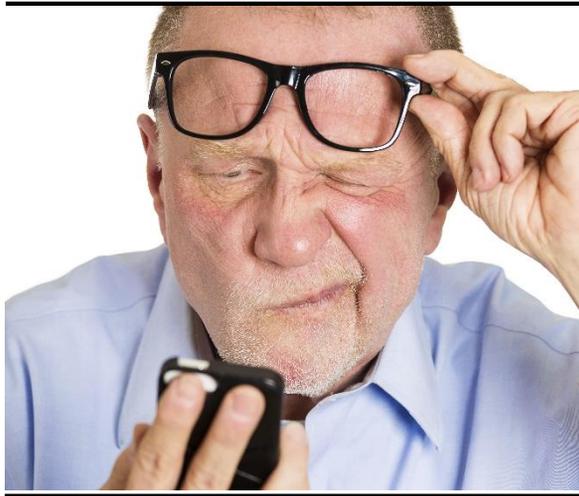
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## Independent Living for the Older Blind Program



**Struggling to read your  
mail or use your  
telephone?**

***You're not alone!***



## **INDEPENDENT LIVING FOR THE OLDER BLIND PROGRAM**

This program teaches Oregonians techniques on how to remain active and independent. Our experienced teachers come to your home and share techniques you can use to perform daily tasks. Best of all, these services are free!

The Oregon Commission for the Blind (OCB) provides an array of services to residents 55 and older who are experiencing vision loss.



## **OLDER BLIND SERVICES**

### **Adjustment to Blindness**

Lessons are provided to help build self-confidence and expand the understanding of all that is possible with vision loss.

### **Low Vision Assessments**

Qualified teachers assess and train individuals to maximize their remaining vision with the help of optical aids.

### **Reading & Writing**

Individuals are introduced to alternative methods of reading, writing and communicating which include using large print, adaptive aids, writing guides, and audio recorders.

### **Everyday Tasks**

Individuals learn to use simple, effective methods for performing everyday tasks like preparing meals, shopping, doing laundry, identifying clothing and money, telling time, and using the phone.

### **Orientation & Mobility**

Teachers work with individuals on safely navigating environments.

## **OTHER OCB PROGRAMS**

### **Independent Living**

This program serves legally blind adults not seeking employment. Qualified rehabilitation teachers work with individuals in their homes and communities to help them live as independently and safely as possible.

### **Vocational Rehabilitation**

OCB counselors work together with their clients to provide the skills necessary to successfully obtain employment in a variety of occupations throughout the state. Our many business partners are committed to hiring and retaining skilled, dedicated, highly qualified Oregonians who experience vision loss.

### **Youth/Transition Services**

Specialists work with visually impaired students age 16 and over to help ensure a smooth transition from high school to college or employment.

### **Business Enterprise**

The OCB Business Enterprise Program (BEP) helps to promote client independence by providing opportunities in food service and vending operations management. BEP provides initial training and ongoing support to its licensed managers.