

# INDEPENDENT LIVING FOR SENIORS WITH LOW VISION



**OREGON  
COMMISSION  
FOR THE  
BLIND**



**Free services for those 55 and older  
experiencing vision loss.  
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 that is possible with vision loss.

### **Orientation & Mobility**

Learn to safely navigate your home and community.



**LEARN MORE:** Call 971-673-1588  
[info@cfb.state.or.us](mailto:info@cfb.state.or.us). Or scan the QR code  
or visit [www.oregon.gov/blind](http://www.oregon.gov/blind).