



When You're Ready

Braille Institute
Is Here to Help

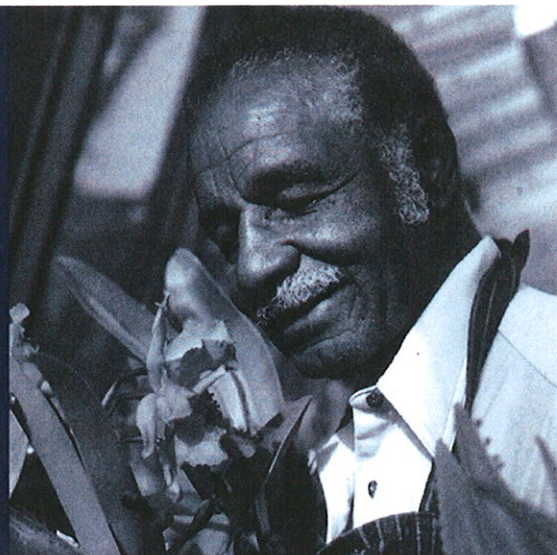
 **BRAILLE INSTITUTE**

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FADING VISION?

What Matters Now
Is What You Do With
The Vision You Have



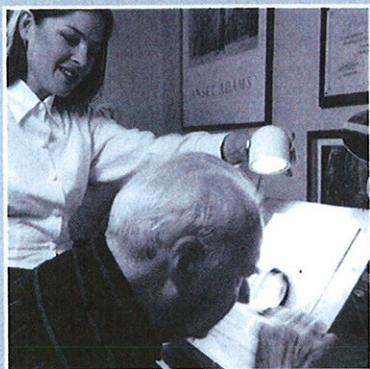
If your vision is fading, it may be time to consider the wide range of services offered by Braille Institute. We've been helping people with vision loss since 1919, and all our programs are free of charge.

We know how sight loss affects every facet of your life, how little things can begin to form big obstacles. This packet is designed to give you and your loved ones basic information on how Braille Institute can help you break down those barriers and regain your independence.

How To Apply For Services

There are many ways you can begin your relationship with Braille Institute: by scheduling a **Low Vision Rehabilitation consultation**, by becoming a patron of our **Library** of recorded and braille books or by enrolling in **classes** that teach you how to maintain an independent lifestyle. In each of our centers is **Vistas**, a store filled with unique consumer products that make everyday tasks easier to perform, such as talking clocks, large-print calendars and sensors that buzz when liquid reaches the top of its container.

Low Vision Rehabilitation Services



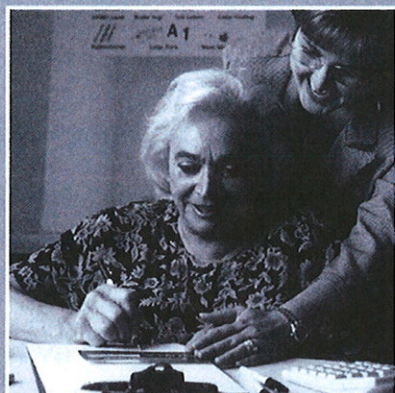
Regardless of your visual impairment, you can take advantage of Braille Institute's Low Vision Rehabilitation Services. Our trained staff will review your functional vision, then will discuss with you and demonstrate recommended lighting alternatives or adaptive products such as hand-held magnifiers and closed-circuit televisions that will best meet your needs.

An appointment can be made after your ophthalmologist, optometrist or health-care provider fills out the **Low Vision Rehabilitation Services Referral Form included in this packet**. Please bring the form to your appointment. There is no charge for this service. Please bring the form to your appointment. There is no charge for this service.

Books On Tape & Other Library Services

You may wish to consider becoming a Library patron through Braille Institute. Library Services has nearly one million books, magazines and periodicals on cassette or in braille, either in our own collection or available through the National Library Service (NLS). Our reader advisors will help you select book titles over the phone, by mail, by e-mail or in person. We even supply the cassette players; there's no cost to you. Catalogs of titles on cassette are available, and you will receive a quarterly newsletter.

Classes To Help You Stay Independent



Simply call to make an appointment. A counselor will meet with you to discuss your specific needs, then make recommendations on which classes would be most beneficial to you and your family.

Braille's Institute's classes are open to all adults who are severely visually impaired.

Included in this packet is an application for Library Services, with sections to be completed by your ophthalmologist, optometrist or health-care provider. Here is how to contact the Library directly:

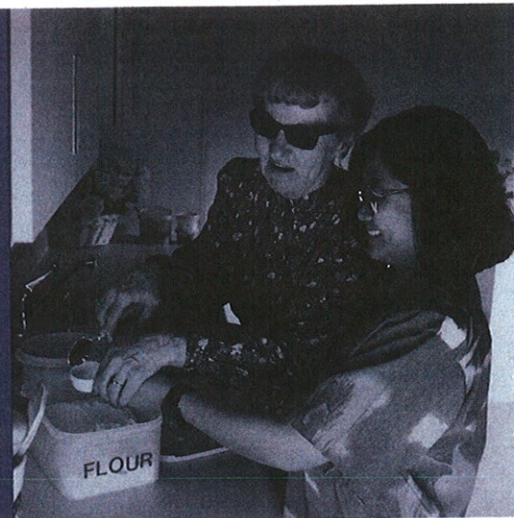
Toll Free: **1-800-808-2555**
Within 323: **660-3880**

Web site:
www.braillelibrary.org

E-mail:
bils@braillelibrary.org

To Order Books:
readers@braillelibrary.org

Living Skills Classes



Our living skills classes cover three basic skills:

- If you have lost a substantial amount of vision, you may need **Orientation and Mobility** training, which involves individualized instruction in the use of a white cane. You will learn techniques that will enable you to establish your location in any environment and move about in a safe and efficient manner.
- **Independent Living** courses teach you the skills you'll need for doing everyday things, such as maintaining a household, preparing meals, identifying money, using handwriting aids, telephoning and telling time.
- **Sensory Awareness** classes show you how to best employ your other senses, plus how to maximize the use of your remaining vision.

In addition to these living skills classes, we offer individual counseling and group workshops to help you and your family adjust to the emotional impact of sight loss.

Social & Recreational Classes

Once you've learned the basics, you're eligible to take social and recreational courses. They're designed to help you reinforce your living skills while developing new interests or rekindling old ones.

- **Communication courses** cover everything from how to use a keyboard for typing or computer use to learning to read and write braille.
- **Social and Adjustment Skills** courses cover different forms of art, from ceramics to mixed media, as well as other subjects such as music and current events.

When You're Ready

You are likely at the stage where you can no longer ignore how sight loss is affecting your lifestyle, your family and others around you. It is important to let them know that you want to maintain the greatest amount of independence you can. You may need help with some things, such as transportation, but that doesn't mean you can't learn to do other daily tasks in new ways. If loved ones understand your particular kind of sight loss, they are more likely to know your true abilities and limitations.

Braille Institute can help you with the adjustment process so you can continue to live a full and independent life. **B**

BRAILLE INSTITUTE

1-800-BRAILLE (272-4553)
www.brailleinstitute.org

LOS ANGELES SIGHT CENTER

741 North Vermont Avenue
Los Angeles, CA 90029
(323) 663-1111

DESERT CENTER

70-251 Ramon Road
Rancho Mirage, CA 92270
(760) 321-1111

ORANGE COUNTY CENTER

527 North Dale Avenue
Anaheim, CA 92801
(714) 821-5000

SAN DIEGO CENTER

4555 Executive Drive
San Diego, CA 92121
(858) 452-1111

SANTA BARBARA CENTER

2031 De La Vina Street
Santa Barbara, CA 93105
(805) 682-6222

LOS ANGELES YOUTH CENTER

3450 Cahuenga Boulevard, West
Los Angeles, CA 90068
(323) 851-6122

Braille Institute also offers
Community Outreach Programs
at more than 200 locations
throughout Southern California.
Call the nearest regional center
for locations.

Braille Institute is a private,
nonprofit organization whose
mission is to eliminate blindness
and severe sight loss as a barrier
to a fulfilling life.