



It is often the simplest skill that becomes most frustrating for people after vision loss occurs. Something as common as putting toothpaste on a toothbrush can become a nightmare. Specialists at the Lighthouse teach individuals how to become independent in spite of vision loss, relying on

other senses, and learning new skills for performing the same everyday activities they did while using their vision. The Lighthouse provides training in the home or in small class settings.

## Communication

- Reading and writing tasks can be the greatest challenge to newly blinded people
- Adaptive techniques are taught for signing one's name, writing checks, etc.
- Options are given for reading phone numbers, the newspaper, books, magazines, recipes, utility bills and other documents
- Techniques for dialing the phone; identifying coins and currency, managing finances, time management with adaptive watches, clocks, and calendars are all taught along with many other aspects of communication
- Braille instruction is offered in classes or one-on-one
- The Talking Book Program through the Library of Congress provides free books and magazines recorded digitally, on cassette, in large print, and in Braille

## Daily Living Techniques

- How to organize and match clothing, thread a needle and sew on buttons
- How to prepare meals using the stove and other appliances safely
- How to clean counters and mirrors, sweep, mop, vacuum, and organize materials and equipment
- How to care for home and lawn maintenance and many other daily living tasks

## Peer Support

- Isolation is very common for persons who have experienced a recent vision loss
- Discussing similar challenges, experiences, frustrations, and feelings caused by vision loss with others can make a tremendous impact in learning to cope
- At the Lighthouse, individuals participate in peer support groups at the facility or through a free conference call line
- Individuals can be connected with someone who has had similar experiences

## Leisure Activities

Just because folks can't see doesn't mean they must stop having fun! There are:

- Adaptive games and techniques to continue fishing, playing golf, basketball, etc.
- Techniques for adapting hobbies and crafts
- Resources for finding volunteer activities
- Competitive sports through the United States Association of Blind Athletes

**Questions?** For more information, please contact the Lighthouse Independent Living Specialists at (850) 942-3658 or toll-free: (888) 827-6033; email: [info@lighthousebigbend.org](mailto:info@lighthousebigbend.org), or 3071 Highland Oaks Terrace, Tallahassee, FL 32301