

Our goal is to
assist you in
remaining
independent



Call to find out
about low vision
resources and
information

Services are offered at
little to no cost if you are
55 years or older. If you
are younger than 55 we
have services available to
you as well. When you
call us you will speak
with the Low Vision Co-
ordinator who will ask
you about your particu-
lar challenges and goals.

There are resources and
assistive technology
available that could
make your life and
many tasks easier



The Independent Living Center

The Independent Living Center

P.O. Box 2474
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Homer, AK 99603

1-907-235-7911
1-800-770-7911
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The Independent Living Center

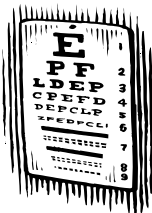
Low Vision
Services



Loss of vision
does not have to
mean loss of
independence!

1-907-235-7911

The Low Vision Program and how it can help



The Low Vision Program is a program offered through the Independent Living Center. Our mission is to help people with low vision or no vision live independently in their homes and their communities.

Some of the things we can do:

- Give you recommendations and resources for living with low vision
- Try out magnifiers and assistive technology
- Get additional training from the Alaska Center for the Blind and Visually Impaired
- Get more information about different eye diseases

At what point should I get help?

Is it getting harder to read the newspaper or your favorite book? Sign a check?

Are you challenged by tasks of daily living?

Are you having trouble getting around your house or locating things?

These are examples of ways in which you may feel like you are losing your independence. Our goal is to work with you to figure out ways that you can continue with the activities you have always enjoyed without losing your independence.

The Alaska Center for the Blind and Visually Impaired

This organization offers many services to people experiencing any degree of vision loss. They offer many services in your home and community. A low vision assessment involves talking with the Low Vision Specialist about your particular difficulties and goals. The specialist introduces a variety of magnifiers, sun lenses, writing guides and other devices to see what works best for you. The specialist recommends specific devices and techniques so that you can get the most out of your remaining vision.



Make your home low vision friendly

The specialist can provide assistance with getting around town independently and safely with orientation and

mobility training. Services can also include going into your home and doing an environmental assessment to figure out ways to adapt your home to your vision level. This also may include recommendations on how to handle activities of daily living, such as your finances, cooking and taking care of your home in confidence.

Experiencing vision loss is scary and life changing. The number of adults with visual impairments is staggering. You may feel more independent if you are equipped with the adaptive skills and tools to reach your independent living goals.



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