

INDEPENDENCE WITH LOW VISION PROGRAM

The Independence with Low Vision Program enables individuals with vision loss or blindness to:

- ▶ Learn to use magnification, lighting and eccentric viewing techniques to read mail and pay bills
- ▶ Learn methods of labeling and organizing medications to aid in proper dosage
- ▶ Safely prepare nutritious meals
- ▶ Learn to dial the phone and accomplish daily tasks with little or no vision
- ▶ Learn to use a long cane to detect obstacles and drop-offs and methods to travel safely in the home and in the community

For ophthalmologists, optometrists and other health care professionals; vision rehabilitation services provided by Independence with Low Vision aim to improve patient outcomes in the following ways:

- ▶ Improve reading efficiency through more effective use of remaining vision combined with magnification and lighting
- ▶ Administer medication properly through the use of labeling and organizational techniques

INDEPENDENCE WITH LOW VISION PROGRAM

- ▶ Prevent falls through the use of a long cane and orientation and mobility skills training
- ▶ Lessen the impact of vision loss through adjustment counseling, adaptive skills training and the provision of aids and devices

Independence with Low Vision Program provides expert care:

- ▶ Training is provided at no charge to the individual through funding provided by the Florida Department of Education, Florida Division of Blind Services
- ▶ Training is individualized and offered in the client's home
- ▶ Training is provided by professional staff with a master's degree in visual disabilities and dual certification as an orientation and mobility specialist and a vision rehabilitation specialist along with an assistant instructor with over 20 years of experience in the Independence with Low Vision Program

**Please visit eldercare.UFHealth.org
for more information or call
352.265.8746**

ElderCare
OF ALACHUA COUNTY