



Are you experiencing LOW VISION? We can help you!

Braille Institute will be offering **2 FREE** Life Enrichment Classes for those who are experiencing difficulty with daily living tasks due to low vision and had been diagnosed with an eye disease.

- **The Business of Living! You and your home...**

Date: Friday, June 21, 2019

& Time: 10:30am-12:00pm

- Learn how to identify and separate paper and coin money, accessible banking, writing guides & paper, shopping and dining tips. Labeling and organizing techniques to identify personal items.
- Learn safety tips for the visually impaired plus orientation and mobility techniques such as using your senses, using landmarks within your environment, how to travel safe by planning ahead your trips, using apps such as Uber or Lyft for transportation. Plus, sighted guide tips for those who would like to assist a visually impaired person.
- Learn how to handle personal grooming tasks such as hair care, shaving, make-up, and bathing. We will teach you techniques for continuing dental care at home, how to organize, washing and drying, label and care for your clothing independently. We will show you simple items to use to label your favorite grooming items.

- **Staying Connected!**

Reading, Writing and Technology options when you are visually impaired.

Date: Friday, June 28, 2019

& Time: 10:30am-12:00pm

Staying in touch with others and the world is easier now as amazing possibilities have opened up to those living with vision loss. In this class you will learn about our library services and electronic books, our technology center where you can learn how to use your smart devices with voice activation. Our instructor will show you various handwriting guides, talk about how to obtain an accessible phone through CTAP and many other ways you can stay connected with the world. Lastly, you will learn about our Low Vision Clinic and how you can obtain a **FREE** Low Vision Consultation with our Licensed Occupational Therapist.

ONEgeneration Senior Enrichment Center
18255 VICTORY BLVD., RESEDA, CA 91335

For more information please call
Braille Institute at (323) 906-3170