

Let us help guide you through the first steps toward independence and personal freedom.



Oregon's *Independent Living for the Older Blind Program* helps provide training and resources to residents age 55 and over who experience vision loss.

These resources help encourage Oregon residents with vision loss to participate in their communities, engage in leisure and recreational activities, volunteer, travel safely and maintain a greater level of independence.

"The OCB taught me skills that released me from dependence on others and gave me control over my life"

- OCB Client, Eugene

OREGON COMMISSION FOR THE BLIND

*Expanding Opportunities
for Oregonians with
Vision Loss*

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REGIONAL OFFICES

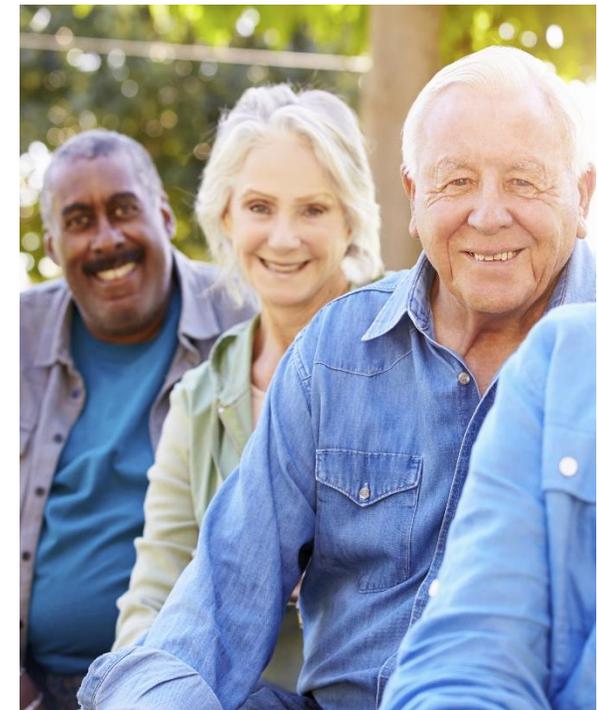
- ▲ Eugene (541) 686-7990
- ▲ Medford (541) 776-6047
- ▲ Portland (971) 673-1588
- ▲ Redmond (541) 504-0193
- ▲ Roseburg (541) 492-1171
- ▲ Salem (503) 378-8479

Any Oregon resident with vision loss age 55 and over interested in receiving services from OCB is encouraged to learn more by contacting the nearest location or call us toll free in Oregon at (888) 202-5463.

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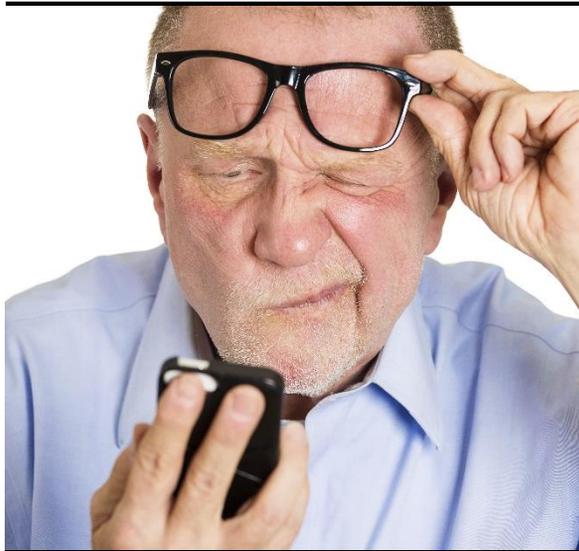
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Independent Living for the Older Blind Program



**Struggling to read your
mail or use your
telephone?**

You're not alone!



Our *Independent Living for the Older Blind Program* helps older residents stay independent and active.

Our experienced teachers come to your home and share techniques on how to perform daily tasks. And best of all, these services are free! The Oregon Commission for the Blind (OCB) provides independent living services to residents age 55 and over who experience vision loss.



OLDER BLIND SERVICES

Low Vision Assessments

Qualified teachers assess and train individuals to maximize their remaining vision with the help of optical aids.

Adjustment to Blindness

Lessons are provided to help build self-confidence and expand the understanding of all that is possible with vision loss.

Everyday Tasks

Individuals learn to use simple, effective methods for performing everyday tasks like preparing meals, shopping, doing laundry, identifying clothing and money, telling time, and using the phone.

Reading & Writing

Individuals are introduced to alternative methods of reading, writing and communicating which include using large print, adaptive aids, writing guides, and audio recorders.

Orientation & Mobility

Teachers work with individuals on safely navigating environments.

OTHER OCB PROGRAMS

Independent Living

This program serves legally blind adults not seeking employment. Qualified rehabilitation teachers work with individuals in their homes and communities to help them live as independently and safely as possible.

Vocational Rehabilitation

OCB counselors work together with their clients to provide the skills necessary to successfully obtain employment in a variety of occupations throughout the state. Our many business partners are committed to hiring and retaining skilled, dedicated, highly qualified Oregonians who experience vision loss.

Youth/Transition Services

Specialists work with visually impaired students age 16 and over to help ensure a smooth transition from high school to college or employment.

Business Enterprise Program

Under the Randolph-Sheppard Act, this OCB program promotes independence for Oregonians who are legally blind by providing quality business opportunities on federal, state, and other public properties.