



CENTER FOR THE VISUALLY IMPAIRED SKILLS SERIES

# INDEPENDENT LIVING ORIENTATION AND MOBILITY INSTRUCTION

Don't let vision loss stop you from going where you want to go. Our certified instructors can teach you the skills you need to begin to get around more safely and independently. These are introduction classes only.

Course prices vary. Financial assistance available through a sliding fee scale. To learn more about scheduling and financial assistance, email [adultprograms@cviga.org](mailto:adultprograms@cviga.org) or call 404-875-9011.



## HUMAN GUIDE

Sighted Guide, also known as Human Guide, is a travel technique used by individuals who have vision loss when they are in unfamiliar environments or other situations. An individual with vision loss will use another person as their guide to travel in desired environments. In this class, learn to use a guide whether it is a family member, friend or caregiver to aid you in moving around. Lesson will include guiding techniques, narrow spaces, and changing sides or reversing direction. You will be able to instruct your guide in how to assist you with entering a doorway, ascending and descending stairs, and seating.

*One 30-minute session offered at no charge.*



## FAMILIARIZATION, SEARCH AND PROTECTIVE TECHNIQUES

This class will teach you to become more comfortable moving around, searching for things, and experiencing a new environment. Learn how to protect yourself from bumping or stumbling when walking or kneeling while being taught the correct hand position for upper hand and lower hand protective techniques. You will also learn to familiarize yourself to an area in addition to searching for objects. Sessions could include learning to familiarize yourself with an environment systematically or methodically search for objects, rooms, doors, hallways, stairways, elevators. You can practice using some of the techniques while moving around your home or locating lost items.

*One to two 30-minute sessions.*

*Fee is \$75 per class.*



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## WHITE CANE SKILLS

In this class, you will learn to use your white cane to navigate safely. Lessons will include diagonal and touch techniques, mastery of constant contact and trailing, how to use a white cane to ascend and descend stairs, how to identify curbs/curb cut, and more. \*Length of class and techniques covered in class dependent on client's physical health.

*Recommendation: Two to five 60-minute sessions for mastery.*

*Fee is \$75 per class.*



## FALL PREVENTION

Improve your balance and stamina by learning specific exercises and stretches you can do at home. In this class you will also learn how to avoid tripping hazards for safer navigation. This will provide greater independence as you adjust your movements and have confidence that you are safe in your travels.

*One 30-minute session.*

*Fee is \$75 per class.*



## SELF DEFENSE

This class will cover crime prevention and self-defense. You will learn the myths of crime and how to prevent yourself from becoming a victim utilizing self-defense techniques. Participants will also learn various punching techniques and strikes. Everyone will practice on a mannequin with striking pads and learn how and where to strike.

*Five-week Class: One 60-minute session per week.*

*Fee is \$60 per session.*