



# ACTIVITIES OF DAILY LIVING

Maintaining your home can be a challenge when you have vision loss. In these classes you'll learn specialized tips and techniques for cooking, cleaning, organizing your pantry and closets, and managing money. Let us know what skills you need help with, and our certified teachers will work with you.

Course prices vary. Financial assistance is available.

To learn more about scheduling and financial assistance, email [adultprograms@cviga.org](mailto:adultprograms@cviga.org) or call 404-875-9011 to learn more about scheduling and financial assistance.



## MANAGE YOUR MEDS

**In this class you will learn some tricks to help you manage your medications easily.**

You will learn safe storage methods, create a labeling system to meet your needs, and review label methods and how to identify different medications with prescription readers. You will also learn how to use your smart phone for reminders to take your medications or to order refills.

**Frequency:** One 60-minute session. You can schedule more sessions if needed.

**Fee:** \$60 per session



## ORGANIZE YOUR LIFE

**This class will help you develop strategies to make it easier to find things when you need them through simple tips such as keeping a basket near the door for items like your keys, wallet/purse, and phone.**

You will learn adaptive methods to help locate and identify items that you use every day (i.e. TV remote, hairbrush, toothpaste), and we will teach you a variety of labeling methods including including large print, tactile, or audio labels.

**Frequency:** One 60-minute session. You can schedule more sessions if needed.

**Fee:** \$60 per session



**Keeping tabs on your spending and managing your budget is an important independent skill.**

In this class you will learn techniques to identify coins and bills, various bill folding techniques, and tips for accessing online banking for bill paying.

**Frequency:** One 60-minute session. You can schedule more individual sessions if needed.

**Fee:** \$60 per session

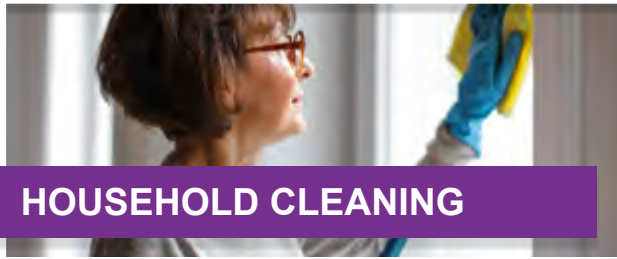


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## HOUSEHOLD CLEANING

Keeping a clean house is a chore for most people but before you pick up a mop, it is best to organize and plan a cleaning schedule. In this class you will learn how to identify when surfaces need cleaning, store cleaning supplies and tools so you can find what you need, learn tips and tools to make sweeping, mopping, vacuuming, washing dishes, and dusting easy.

**Frequency:** Four 60-minute sessions

**Fee:** \$60 per session



## LAUNDRY

In this class you will learn a system for labeling your clothes so you can sort each load. You will also learn to label the settings on your washer and dryer and how to add detergent, and when the load is done, you will be able to confidently fold, hang, and store your finished laundry. You will also learn various techniques for stain removal.

**Frequency:** Two 60-minute sessions. You can schedule more individual sessions if needed.

**Fee:** \$60 per session



## KITCHEN SAFETY & FIRE PREVENTION

Teaching you to be safe around the house while doing all the things you love is the top priority for this class. You will learn kitchen safety tips such as how to avoid burns and spills in the oven, safe cooking tips such as wearing oven mitts when handling hot pots/pans or wearing short sleeves or roll your sleeves above the elbow when working at the stove.

**Frequency:** One 60-minute session

**Fee:** \$60 per session



## FOOD PREP 101

Don't let your vision loss keep you out of the kitchen. There are many techniques for safe use of kitchen tools – you just need some instruction to get started. This class covers the basics for knife use in spreading, cutting, chopping, and slicing; learn new skills for measuring and pouring; and basic labels needed to keep everything you need right where you need it to create salads, soups, egg dishes and more. Adaptive methods and tools are provided in the CVI kitchen so you can test which best suit your needs.

**Frequency:** Four 60-minute sessions. You can schedule more individual sessions if needed.

**Fee:** \$60 per session