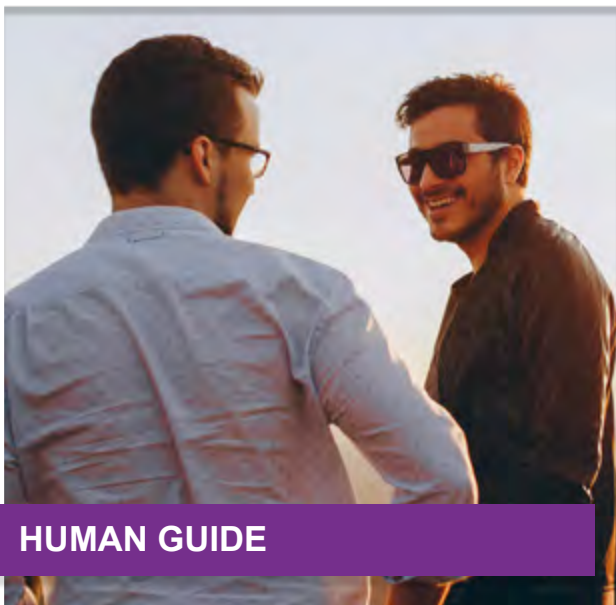




INDEPENDENT LIVING ORIENTATION AND MOBILITY INSTRUCTION

Navigating our homes and other places we go safely and with confidence is an important step towards independence. CVI offers instruction in orientation techniques and cane techniques for beginners or more advanced students focused on developing new travel skills, or those seeking to deepen their confidence and skills before heading to a job or navigating their home or environment.

Course prices vary. Financial assistance is available. To learn more about scheduling and financial assistance, email adultprograms@cviga.org or call 404-875-9011.



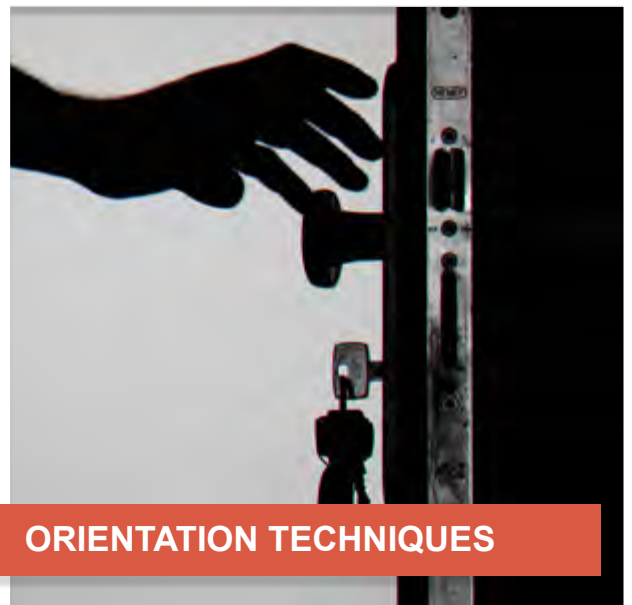
HUMAN GUIDE

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.

Frequency: One 30-minute session.

Fee: Offered at no charge.



ORIENTATION TECHNIQUES

Learn to become more comfortable moving around your environment whether indoors or outdoors in familiar or unfamiliar places.

This could include familiarizing yourself to a new location such as a new job, searching for misplaced objects or keeping track of where you are and realizing how to get to where you want to go.

Frequency: Minimum: Two 60-minute sessions.

Fee: \$75 per session



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CANE TECHNIQUES

Learn to use a cane effectively in moving more comfortably around your environment to prevent stumbling over obstacles and bumping into obstacles. This could include learning to use the cane to detect doorways, stairways, changes in floors, curbs, uneven surfaces, sidewalks, driveways or the street.

Frequency: *Minimum: Two 60-minute sessions.*

Fee: *\$75 per session*