



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 instructors will work with you.

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



Don't let your vision loss keep you out of the kitchen.

Teaching you to be safe while cooking is the top priority for this class. There are many techniques for safe use of kitchen tools – you just need some instruction to get started. In this class you can learn the following:

KITCHEN SAFETY TIPS

- Learn how to avoid burns and spills while using the stove top and oven
- Learn techniques for keeping safe while cooking
- Learn techniques for using small and large appliances safely

FOOD PREP/COOKING

- Learn to measure and pour
- Learn to use knife safely for spreading, cutting, chopping, and slicing
- Learn to use adaptive methods, tools, and devices

Required: Four 60-minute sessions

Fee: \$80 per session

You can schedule more individual sessions if needed.

Managing personal and household tasks can be a challenge for people who are experiencing vision loss. In this class, you can learn the following:

MANAGING MEDICATIONS

- Labeling and storage
- Electronic readers, smartphone apps, reminders, ordering, refills

MANAGING MONEY

- Identifying monetary denominations
- Banking by phone, online, bill paying

LABELING ITEMS AND APPLIANCES

- Finding, locating and identifying items
- Labeling items, devices, small and large appliances

HOUSEHOLD CLEANING

- Cleaning and sanitizing surfaces, dishes, etc.
- Identifying, labeling, storing cleaning supplies, tools, devices
- Sweeping, mopping, vacuuming, washing dishes, dusting

LAUNDRY

- Identifying, labeling, organizing clothing
- Labeling and using washer and dryer and laundry detergent
- Folding, hanging, and storing finished laundry

GROOMING

- Bathing, teeth, hair, makeup, etc.

Required: Four 60-minute session.

Fee: \$80 per session

You can schedule more individual sessions if needed.