

## VISION REHABILITATION

Is it difficult for you to read the newspaper, write your checks, or manage glare? You may need good, direct lighting, or other strategies of Vision Rehabilitation. Vision Rehabilitation can help you make the most of your vision. Comprehensive services include a low vision evaluation and rehabilitation training.

### To locate services:

**Veterans:** U.S. Dept of Veterans Affairs: 877-222-8387, [www.va.gov/blindrehab](http://www.va.gov/blindrehab)

**Everyone:** Directory of services: SmartSight's partner Lighthouse International 800-829-0500 or [www.visionconnection.org](http://www.visionconnection.org), "Help Near You" search "low vision services" and "vision rehabilitation." Find out if services include: low vision evaluation; device prescriptions, loans before purchase; rehabilitation training, home visits, lighting, glare control, computer adaptations? Ask whether services are free, billed to Medicare, or what the cost is.

## RESOURCES

### National Organizations for support, information, and research updates:

American Foundation for the Blind: [www.afb.org](http://www.afb.org). *Where Can I find...services*

American Macular Degeneration Foundation: 888-622-8527, [www.macular.org](http://www.macular.org)

Consumer education website: [www.visionaware.org](http://www.visionaware.org)

EyeCare America AMD EyeCare Program, 866-324-3937, [www.eyecareamerica.org](http://www.eyecareamerica.org)

Foundation Fighting Blindness: [www.fightblindness.org](http://www.fightblindness.org)

Lions Eye Health Program: [www.lehp.org](http://www.lehp.org)

Macular Degeneration Partnership: 888-430-9898, [www.amd.org](http://www.amd.org)

MDSupport: [www.mdsupport.org](http://www.mdsupport.org). Also video: *Learning to Live with Low Vision*

National Eye Institute: [www.nei.nih.gov](http://www.nei.nih.gov). *What You Should Know About Low Vision*

National Federation of the Blind: [www.nfb.org](http://www.nfb.org)

Prevent Blindness America: [www.preventblindness.org](http://www.preventblindness.org)

### Audio Books and magazines: on tape and by phone

U.S. National Library Service, tape player included: [www.loc.gov/nls](http://www.loc.gov/nls) Canada: [www.cnib.ca](http://www.cnib.ca)

American Printing House for the Blind: 800-223-1839, [www.aph.org](http://www.aph.org)

Choice Magazines: 888-724-6423 and NFB Newsline: 866-504-7300

### Large print books, materials, supplies (cards, checks, clocks, calendars, etc)

NAVH, large print books lending library by mail: 212-889-3141, [www.navh.org](http://www.navh.org)

Large print: Reader's Digest, 800-631-2580 and N.Y.Times weekly, 800-631-2580

Large-print checks and registers, from your bank or Deluxe checking catalog

Computer enlargement (Zoomtext, Bigshot): Ai Squared, [www.aisquared.com](http://www.aisquared.com),

Independent Living Aids catalog: 800-537-2118, [www.independentliving.com](http://www.independentliving.com)

LS&S Group catalog: 800-468-4789, [www.lssgroup.com](http://www.lssgroup.com)

MaxiAids catalog, 800-522-6294, [www.sales@maxiaids.com](mailto:www.sales@maxiaids.com)

### Vision Rehabilitation Self-Help Books:

*Making Life More Livable*, M. Duffy, NY: AFB, 2001, 800-232-3044.

*Macular Degeneration: The Complete Guide to Saving and Maximizing Your Sight*, L. Mogk, MD, & M. Mogk, PhD, NY: Ballantine, 2003; bookstores, Amazon.com

*The First Year - Age Related Macular Degeneration: An Essential Guide for the Newly Diagnosed*, D. Roberts, NY: Marlowe, 2006, bookstores, Amazon.com

*Overcoming Macular Degeneration: A Guide to Seeing Beyond the Clouds*, Y. Solomon, MD, & J. Solomon, NY: Avon, 2000; bookstores, Amazon.com

**Search online for: local support groups, radio reading services, community transportation, free phone information service, wireless magnifying computer mouse, low vision devices or services.**