

International
year of light
2015

Living with vision loss

Blind People

To be blind is not miserable; not to be able to bear blindness, that is miserable. People who are blind live life like everyone else. It is not “amazing”. It is not “special”. But it is just the adaptation to life that we find the easiest.



How does a blind person deal with loss of vision?

- **Live independently and productively**
- **Read and write**
- **Raise a family**
- **Have a social life**
- **Travel**
- **Maintain a new career**
- **Mobility**

- Live independently and productively:

Using specialized adaptive devices and techniques for adapting his home and caring himself.

- Read and write:

- Using writing guides
- Using magnification programs for the computer screen through learning Braille.



- Raise a family:

He lives normally, has children and raises them well by taking advantages of little tips that help them: like tying bells to their shoes.



- Have a social life:

Develop computer skills for staying in touch with family and friends via e-mail and learning Braille.



- Travel:

Vision loss can present challenges to some while travelling. But many rights must be protected



- Maintain a career:
Provide support and assistance as needed or assigned by instructional Staff .



- Mobility:

Use specific orientation and mobility techniques and tools for getting around safely, such as long white cane or guide dog.



Tips about living with vision loss

- Use light-colored dishes on a dark tablecloth, or vice versa.
- Re-label jars and canned goods using a thick black marker and sticky labels.
- Remove small rugs from the kitchens.



- Keep cupboard doors and drawers closed at all times.



- Use the “clock method” to identify where certain foods are located on a plate. For example, “the rice is at three o’clock and the beans at seven o’clock”.
- To wake up, a person may use a talking alarm clock.



- Raising public awareness by bringing the strengths and potentials of blind people and the true challenges they face into the public eye.

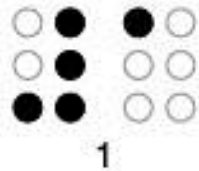


- To get dressed they might use safety pins to match the same color outfits together, or use Braille clothing tags.

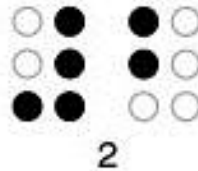


- At home a person can use large print address books, adaptive Braille equipment or tapes to keep track of people's telephone numbers and addresses.

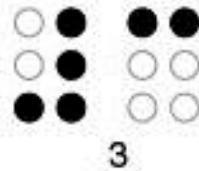
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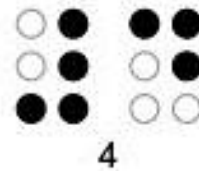
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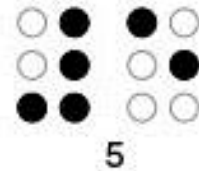
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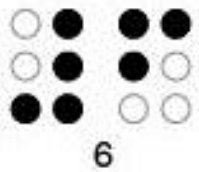
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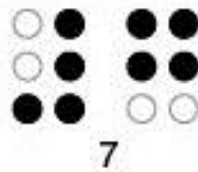
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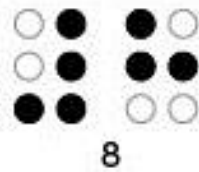
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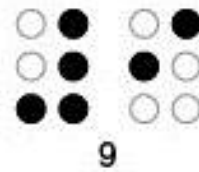
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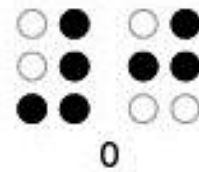
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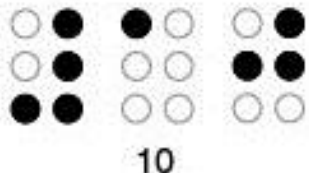
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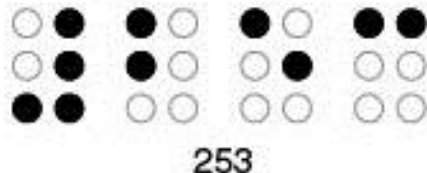
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- For leisure activities a person can watch audio described movies, listen to recorded books called

Talking Books or play cards



Vision loss doesn't mean the loss of independence or quality of life. With the right support; people who are blind or partially sighted can do almost anything.



**Thank you for your Time and
Attention!**





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2014-2015