

HANDBOOK
OF
RESOURCES AND SERVICES
FOR PERSONS WHO ARE BLIND
OR
LOW VISION

PREPARED BY
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I. INTRODUCTION

Losing vision can be extremely traumatic. No one gets this news without having a complex set of reactions such as denial, anger, fear and depression.

If you have recently learned that your vision is diminished or likely to worsen in the future, you may be experiencing any or all of these feelings. You may be wondering how you will go on doing what you have always done, how you will maintain your independence and how you will take care of yourself and your family.

Some people think that because they have diminished eyesight, they are not a full person. You may be having similar thoughts; you may be feeling very alone. One of your concerns may be that you don't know where to turn for guidance, advice, assistance, support, comfort, information and instruction.

We at the Office of Services to the Blind want you to know that you are not alone. Although only you can make the adjustment to vision loss for yourself, there are many services and support systems that can help you. This **Handbook** has been prepared to give you an overview of services available to you and to get you started on the path to a healthy and positive future.

First, let us spend a few minutes expressing our thoughts about persons who are blind or low vision. Blindness does not equal helplessness or despair. Millions of people in the United States who are blind or low vision live happy, healthy and productive lives. They pursue relationships,

jobs, hobbies, civic duties, volunteer work, parenting and all the other components of human endeavor with the same effectiveness and satisfaction as fully sighted people. With training in the special skills of independence, individuals can accomplish just about anything they set out to do.

Our philosophy is that the essence of a person does not reside in the ability to see or to perform any particular physical function, but rather in the spirit. The capacity to set the course of one's own life and the conviction to stay on course despite the inevitable obstacles of destiny come from the will. If one such obstacle is the loss of eyesight, it is the inner person who makes the choice between defeat and adjustment. Thus, the onset of a visual disability need not be a barrier to an individual's ability to attain a rich and fulfilling life.

Blind and low vision individuals are an integral part of our society. They are employees, breadwinners, spouses, parents and grandparents. They care about the same life functions as everyone else: earning a living, raising a family, being personally fulfilled and making a contribution to others.

The most dangerous thing that you can do at this point is make assumptions about what you will or will not be able to do in the future. You may not be familiar enough with the implications of blindness or vision loss to fully know what to expect. Please seek the support and guidance of persons who are knowledgeable. People who have experienced vision loss, as well as professionals trained to assist persons who are blind or low vision, can be of tremendous

help to you in this transition phase.

Before you make any major life decisions such as quitting a job, selling a house, moving in with adult children or others, abandoning hobbies or friends, please contact an agency providing services specifically for blind and low vision individuals. Ask them about adjustment counseling, support groups and peer counseling. You will find a list of “California Agencies” in the “Directory of Resources” section of this **Handbook**.

HOW TO USE THIS HANDBOOK

Think of this **Handbook** as a guidebook, describing major points of interest and telling you how to access them. It is not intended to replace in-depth information about any particular program or service, but rather to let you know what is available. Once you find the programs and services that suit your needs, you can do further research about eligibility requirements, fees and other important information.

Since most people who lose vision are more than 50 years of age, this **Handbook** is directed to the older population. These individuals are not usually connected to the social service system, and thus are not familiar with available resources. Families of blind or low vision children should contact the Special Education coordinator in their local school districts for information and assistance.

The final section of this **Handbook** is a “Directory of Resources” which will be referenced throughout. In this section, you will find contact information for numerous

agencies/organizations and a brief synopsis of their services.

Use this ***Handbook*** as a reference library. You don't need to read and try to absorb all of it at one time. Look through it and study those sections that seem to respond to your immediate concerns.

Remember to contact us at the Office of Services to the Blind if you have any questions or need further information.

Our contact information is:

California Department of Social Services

Office of Services to the Blind

744 P Street, MS 9-7-96

Sacramento, CA 95814

(916) 657-3327

(916) 651-4001 (Fax)

You may also e-mail us at: BlindAccess@dss.ca.gov

II. FREQUENTLY ASKED QUESTIONS

Question: What is the relationship between age and vision loss?

Answer: Many of the conditions which cause vision loss are associated with aging such as Macular Degeneration, Cataracts, Diabetic Retinopathy and Glaucoma.

Question: Does the term “blind” only refer to persons who are totally blind or have no useful vision?

Answer: The term “blind” technically includes persons whose visual acuity ranges from legal blindness to total blindness. However, the term “low vision” is increasingly used to indicate persons who have low vision ranging from slight to severe. Only about ten percent of the blind population is totally blind. The rest have some useful vision.

Question: What does “legally blind” mean?

Answer: “Legal blindness” is the degree of vision loss established in state and federal law as the basis of eligibility for governmental services such as Supplemental Security Income (SSI), Medi-Cal, and rehabilitation services. Legal blindness is about ten percent of normal visual acuity or 20/200 or a visual field limited to 20 degrees.

Question: What are the most common causes of vision loss?

Answer: They are Cataracts, Macular Degeneration,

Diabetic Retinopathy, Glaucoma and Retinitis Pigmentosa. Information about these conditions can be obtained from their respective associations.

Question: Do most blind people use Braille?

Answer: No. Only about eight percent of blind individuals learn to read Braille. About half of low vision persons are over 65 years of age and they tend not to learn Braille.

Question: Are most blind persons of working age employed? What kinds of jobs do they do?

Answer: Approximately 30 percent of blind and low vision persons of working age are employed. Blind persons still face a great deal of employer resistance. Employers fear they will not be able to produce competitively with sighted employees. Those who are employed work in a wide range of fields. There are blind and low vision teachers, professors, lawyers, machinists, auto mechanics, aviation mechanics, customer service representatives, public administrators, social workers, psychologists, engineers, medical transcriptionists, court reporters, county, state, and federal workers, stock brokers, insurance agents, travel agents, real estate agents, salespersons, entrepreneurs, factory workers, etc.

Question: Have technological advances had an impact on blind people?

Answer: The development of synthesized speech and the widespread availability of inexpensive speech chips have opened a world of opportunities for blind and low vision persons. The major handicap of blindness, the lack of

immediate personal access to printed information, has been effectively neutralized by the advent of personal computers which can output information in speech, Large Print or Braille. The use of scanners which convert printed documents into computer files give blind persons access to printed materials in minutes rather than the weeks formerly required to have them recorded on tape or transcribed into Braille. Speech chips have rendered virtually all appliances useable by blind persons. There are talking clocks, calculators, gauges, scales, microwave ovens and remote control devices as well as many kinds of tools with audible output.

Question: What kind of recreational activities do blind people participate in?

Answer: Blind persons engage in a wide variety of sports and recreational pursuits. Blind cross- country skiers ski with a sighted guide who skis beside or behind them and gives verbal clues about the environment. Blind golfers golf with a sighted partner who helps them keep track of their ball. Blind bowlers sometimes use a guide rail to keep their approach straight. Blind cyclists ride on tandem bicycles with a sighted "captain" riding on the front. Blind runners sometimes run touching hands with a partner or just with verbal directions from a fellow runner. There are blind swimmers, water skiers, wind surfers, horse trainers and horse racers. For the less ambitious, there are Large Print and Braille playing cards, tactile board games, puzzles, chess, checkers and many other games.

III. SERVICES FOR PERSONS WHO ARE BLIND OR LOW VISION

In California, there is no centralized Bureau or Commission for the Blind and Low Vision. However, many different public and private agencies offer services directed to the various needs of this population.

It is sometimes difficult to know what services the various agencies provide and how they can be contacted. The following brief descriptions are designed to give you an initial understanding of how the system works and how to access the services you need.

Several state and county departments provide educational, employment, financial, health and welfare services. However, many very important services are provided by individual private non-profit agencies located throughout the state. These services include, but are not limited to, adjustment to blindness counseling, peer counseling, support groups, mobility training, training in independent living, low vision services and various educational and recreational activities.

Since these private agencies are independent of each other, there is no uniformity throughout the state in what programs are available. You will need to check with the agency nearest you to find out what programs and services it offers. A list of "California Agencies" is included in the "Directory of Resources" section of this ***Handbook***.

The following is an overview of the available services and how they are accessed.

ADJUSTMENT COUNSELING AND SUPPORT GROUPS

Adjustment to vision loss can be a slow and painful process. The length and difficulty will vary with each individual and will include several stages. Losing sight, even a mild loss, is much like other losses. It usually requires a grieving process including denial, anger, depression and finally, coping. Experiencing these phases is normal. However, the process should not be allowed to go on too long. The sooner you take steps to accept and cope with your vision loss, the sooner you can resume your normal activities and maintain control over your life. If you are having any trouble moving through and beyond these stages of loss, please reach out for help. The adjustment process can be made easier and shorter with help from caring professionals and from others who have gone through the same process.

Support groups are a wonderful source of inspiration. While providing strong emotional support, they also supply a great deal of useful information about resources available in the community and about coping strategies that have worked for others. Some support groups are focused on a specific condition such as Diabetes or Macular Degeneration. Others are for anyone experiencing sight loss. Some groups include spouses or significant others while others are only for the individual.

Whatever the design or make-up of the group, it is almost inevitable that good, positive results happen from people coming together and sharing feelings and encouragement.

Individual counseling is also available both from trained professionals and from peers.

Larger agencies, such as the Braille Institute in Los Angeles, the Lighthouse for the Blind in San Francisco and the Society for the Blind in Sacramento, as well as many of the smaller agencies, provide a variety of counseling and support options.

Check with the agencies closest to you. See the listing of “California Agencies” in the “Directory of Resources” section of this *Handbook*.

INDEPENDENT LIVING

Perhaps the most important services the newly blind or low vision individual needs are those directed to developing the skills of independent living. The importance of being able to take care of oneself cannot be overemphasized. Low vision people, including totally blind people, can and do perform the Activities of Daily Living (ADL) independently and competently. Even if you live in the home of another or in a group living situation, it is essential that you learn to take care of these functions yourself.

ADL include grooming and hygiene, meal preparation and clean-up, wardrobe and household management and handling of personal finances which includes paying bills, communication and medication management. Learning these skills may be challenging for persons with limited vision, but mastering them is central to the maintenance of self-esteem and self-direction.

One of the major challenges you will face, as a newly blind or low vision person, is to maintain control over the decisions affecting your life, such as where you will live. The more independent you are, the more freedom you are likely to maintain. Family members may rush to your side to help and protect you. They are well intentioned and are acting from their love and concern. However, if their efforts to assist you prevent or discourage you from pursuing the rigorous process of learning to be independent, neither you nor they will be satisfied with the results. You will not want to be treated like a child who cannot take care of himself/herself or make adult decisions. Others may tire of the responsibility of meeting your basic needs. If both you and they adjust to your vision loss and you maintain your independence, all of your relationships will remain healthier and more satisfying.

Learning independent skills is simply a matter of mastering alternative techniques for doing each task. Competent teachers can show you many ways to accomplish all of the ADL. There is ADL training available both from the Department of Rehabilitation (DOR) and from many private agencies for the blind.

The DOR has two kinds of programs designed to provide ADL training. The Counselor/Teacher (C/T) program provides services at or near the client's home and the Orientation Center for the Blind (OCB) is a residential rehabilitation center dedicated to independent living for people with severe vision loss.

The C/T program provides a variety of services which include daily living skills, home management, orientation

and mobility, communication skills, business methods, counseling (personal and/or vocational) and special services, if needed. The C/T program can also purchase assistive devices that help a person function independently.

The focus at the OCB is on the acquisition of new skills such as adjustments to new vision disabilities, adaptive skills, and immersion in an atmosphere that is respectful and knowledgeable about the abilities of blind and low vision people. Participants live in dormitories for seven to nine months while attending daily classes that encompass all phases of independent living. This is an intense program designed to teach the person how to cope with sight loss and it has proven to be very effective in creating self-reliance and reducing dependence on family and friends. The decision to apply to the OCB occurs between a consumer and his or her Vocational Rehabilitation Counselor.

To apply for the C/T program or admission to the OCB, contact the DOR District Office nearest you. A list of these offices is included in the “Directory of Resources” section of this ***Handbook***.

Other sources of Independent Living Skills training are the private non-profit agencies serving the blind and low vision mentioned in the “Adjustment Counseling and Support Groups” section of this chapter. The larger agencies provide individualized ADL training in the homes of clients. Many also have classes at their agencies. Contact the agency nearest your residence to inquire about these services. To find a local agency, refer to the listing of

“California Agencies” in the “Directory of Resources” section of this ***Handbook***.

LOW VISION SERVICES

Many people don't realize that Low Vision Services are a specialty unto themselves. Low Vision Services are very important as they help individuals strengthen and make maximum use of residual vision. These services consist of a low vision evaluation, identification of appropriate low vision aids, training for the user, and follow-up appointments.

Qualified professionals must do low vision evaluations. A simple check of visual acuity is not a low vision evaluation. Low Vision Specialists are trained to analyze the individual idiosyncrasies of each person's vision and to select magnifying lenses and lighting devices that best complement that vision. The specialist will train the client on the use of low vision aids. Many Low Vision Clinics will let clients take devices home on a trial basis.

To find a local provider, refer to the listing “Low Vision Services” in the “Directory of Resources” section of this ***Handbook***.

EMPLOYMENT

In California, the DOR is responsible for providing employment services to persons with disabilities. These services include counseling about career or job selection, résumé preparation, job search skills training, peer group

support and the provision of various kinds of pre-vocational and vocational training. The DOR may pay for pre-vocational training, college or university, books, training materials and equipment needed for employment, such as: uniforms, tools, computers, etc.

The DOR has branches throughout the state. To inquire about eligibility requirements and the application process for obtaining rehabilitation services, call the County Office nearest you and ask for the Rehabilitation Counselor for the Blind (RCB). Refer to the listing “California Department of Rehabilitation” in the “Directory of Resources” section of this *Handbook*. Any branch that has a “**B**” designated on the listing has a RCB at that office.

READING SERVICES

Those of us who lose part or all of our ability to read realize what a monumental inconvenience this can be. From the daily newspaper, to our favorite books and magazines, to instructions on prescription medicines and labels on cans and packages in the kitchen, the need to get information from the printed word is constant and crucial.

There are several methods available to people who cannot read standard print to obtain most or all of these kinds of information. Some alternatives to standard print are Large Print, Braille, recorded material, and computer-produced synthesized speech. For a listing of radio reading services in California, refer to “Radio Reading Services” in the “Directory of Resources” section of this *Handbook*.

For reading your mail, newsletters, magazines and items of

personal business, you will probably need a volunteer or paid reader. Many agencies serving the blind and low vision offer volunteer reader programs. For a listing of these agencies, refer to “California Agencies” in the “Directory of Resources” section in this ***Handbook***.

LARGE PRINT

For people who need larger than standard size print, there are many options. Books, magazines, dictionaries, thesaurus, cookbooks, new periodicals, games and many other useful materials are all published in Large Print. For a listing of the organizations that provide these services, refer to “Large Print Books” in the “Directory of Resources” section of this ***Handbook***.

NEWSPAPERS, MAGAZINES, AND BOOKS

Newspapers are available in three principal ways: Radio Reading Services, telephone access and the internet.

Radio Reading Services are available in many communities throughout the country. They consist of broadcasts transmitted over special closed circuit radio or T.V. channels. Volunteers read local newspapers, publications and a wide variety of local and current information that is relevant to their communities. Listeners need a special receiver which they obtain from the service provider. For a list of these service providers, see “Vendors of Assistive Technology” in the “Directory of Resources” section of this ***Handbook***.

Telephone access to newspapers in California utilizes synthesized speech to deliver an audio version of newspaper text to those who are blind or low vision. Newspapers are transmitted electronically to a central receiving station. Readers can telephone into this station at their convenience and have the option of several newspapers, which are read electronically via synthesized speech. The reader can select articles, skip material, browse and re-read articles all through the use of the telephone touch tone keypad.

The largest source for Radio Reading Services, audio books and magazines in the country is the National Library Service (NLS) for the Blind and Physically Handicapped, which produces tens of thousands of titles every year on cassette tape and audio disk. There is no charge for this service. The NLS publishes a bi-monthly listing of all new titles, which is distributed to all patrons. The adapted cassette recorders and Talking Book machines required for listening to the books are provided free of charge by the NLS.

Many other agencies and publishers also produce books and magazines in recorded form. For a comprehensive list of such publishers, see the listing of “Producers of Audio Books and Periodicals” in the “Directory of Resources” section of this ***Handbook***.

In California, the NLS service is accessed through a network of [four regional libraries](#).

The contact information for the four regional libraries is listed below.

Northern California Residents may obtain a print application form or download the online application from the California State Library by contacting:

Braille and Talking Book Library
California State Library
P.O. Box 942837 Sacramento, CA 94237
(916) 654-0640
(800) 952-5666 (Toll-free in California)
(916) 654-1119 (Fax)
Website: www.btbl.ca.gov
E-mail: btbl@library.ca.gov

City of San Francisco Residents may receive cassette service from the San Francisco Public Library by contacting:

Talking Books and Braille Center
San Francisco Public Library
100 Larkin Street
San Francisco, CA 94102
(415) 557-4400
(415) 557-4433 (TTY)
Website: <http://sfpl.org/index.php?pg=0200002301>
E-mail: lbpd@sfpl.org

Fresno, Kings, Madera and Tulare County Residents may receive cassette service from Fresno County Public Library by contacting:

Talking Book Library for the Blind
Fresno County Public Library
Ted C. Wills Community Center

770 North San Pablo Avenue
Fresno, CA 93728
(559) 600-3217
(800) 742-1011 (Toll-free in California)
Website: www.fresnolibrary.org/tblb
E-mail: tblb@fresnolibrary.org

Southern California Residents may receive service from the Braille Institute by contacting:

Braille Institute Library
741 North Vermont Avenue
Los Angeles, CA 90029
(323) 660-3880
(800) 808-2555 (Toll-free in California)
(323) 662-2440 (Fax)
Website: <http://www.brailleinstitute.org/library>
E-mail: bils@braillelibrary.org

A world of information is available on the internet, including many newspapers and magazines. Access to the internet and other computer applications is available to blind and low vision persons through the use of screen enlargement programs, synthesized speech output and Braille output. For information on these technological solutions, see “Vendors of Assistive Technology” in the “Directory of Resources” section of this ***Handbook***.

“The New York Times” publishes a weekly review of its major articles. To subscribe to this publication, contact the New York Times Large Type Weekly at (800) 631-2580.

The KPBS Radio Reading Service broadcasts the readings

of newspapers in the San Diego and La Jolla areas. The contact information is listed below.

KPBS Reading Service
5200 Campanile Drive
San Diego, CA 92182
(619) 594-8170

Many publishers, such as the Reader's Digest Corporation, publish books and magazines in Large Print. For more information about Large Print and a comprehensive list of publishers, see "Large Print Books" and "Newsletters, Magazines and Journals" in the "Directory of Resources" section of this *Handbook*.

RECREATIONAL MATERIALS AND HOUSEHOLD COMMODITIES

Many games are available in Large Print including playing cards, board games and crossword puzzle books. If you live near a service agency serving individuals who are blind or low vision, you will most likely find them at their "store." If not, there are catalogs through which these can be ordered. For a listing of these catalogs, refer to "Catalogs of Merchandise" in the "Directory of Resources" section of this *Handbook*.

Many household appliances have been adapted with large print or markings. These include alarm clocks, kitchen timers, thermometers, scales, yardsticks, rulers, and other measuring devices. Large Print overlays for telephone

dials can be extremely useful. These household items may be available in the agency “stores” mentioned above. For vendor listings of household commodities, refer to “Catalogs of Merchandise” in the “Directory of Resources” section of this ***Handbook***.

LABELING PRODUCTS

People use many different methods of marking food and household items. One of the simplest is to add your own label, on which you or someone else has written the important information, with a bold marker pen in large letters.

MEDICINES

Ask the pharmacist to either type in Large Print or hand write in Large Print with a bold pen the instructions for each bottle or package of medications. Do not hesitate to let your doctor or pharmacist know that you need this service. They will do it. You only need to ask.

EDUCATIONAL MATERIALS

The largest producers of educational materials are the American Printing House (APH) for the Blind and Recordings for the Blind and Dyslexic (RFB&D).

The APH produces material for school age students. For information on available publications, refer to “Catalogs of Merchandise” in the “Directory of Resources” section of this ***Handbook***.

The RFB&D produces educational materials for students and non-students alike. If you need a training manual, cookbook, instructional material or any other educational item, RFB&D will record it for you. For information on available publications, see “Producers of Audio Books and Periodicals” in the “Directory of Resources” section of this ***Handbook***.

The California Department of Education’s Clearinghouse for Specialized Media and Translations (CSMT) provides instructional resources in accessible and meaningful formats to K-12 students with disabilities. Educational material adopted by the State Board of Education is produced in a variety of formats such as: Braille, Large Print, audio recordings and Digital Talking Books. The CSMT is a supplier of APH products, as well as, the administrator for the APH Federal Quota Program for California students. This program allocates federal quota money for the purchase of APH products, based on the annual census of eligible students in California. For contact information for the CSMT, refer to “Large Print Books” and “Audio Books and Periodicals” in the “Directory of Resources” section of this ***Handbook***.

BRAILLE

Since its invention in the mid-nineteenth century by blind Frenchman Louis Braille, the Braille code has been used by millions of blind and low vision persons around the world, in dozens of countries and in many languages, to achieve literacy and to gain access to a world of knowledge and information.

Braille is a systematic code of “cells” of six raised dots which can be used in hundreds of configurations to represent letters, numbers, punctuation marks and common letter groupings. The Braille code is adaptable to various kinds of notation such as math, music and computer language.

Not all blind people read Braille proficiently. In fact, most Braille users are fairly slow readers and many blind and low vision people never learn it at all. This is an extremely unfortunate fact because Braille is an invaluable tool for persons who cannot read print.

The slow reader will not want to use Braille for reading lengthy materials such as books, newspapers and magazines. These items are available in other media. However, any individual who cannot read print must have a note taking system for communicating with himself/herself. For example, think of the ever increasing volume of numbers in our lives that we must produce upon request such as credit card numbers, account numbers, social security, driver’s license or state ID numbers, health plan numbers, loan numbers, etc. Imagine having to memorize all of these numbers and not having access to them without assistance. Another vital use of Braille is for making lists of names, addresses and phone numbers. We all use the telephone dozens of times a day. With a Braille Rolodex, a blind or low vision person can make all of his or her calls without having to wait until someone else is available to read the numbers. Recipes, “to do” lists, appointment schedules and instructions of all kinds can be stored easily in Braille.

Learning Braille has two components: sensitizing the fingertips so that they can feel the dots and memorizing the different dot configurations. A grading system in Braille is used to categorize these dot configurations.

Grade 1 consists of the alphabet and the basic punctuation marks. This Grade is taught to people new to the use of Braille. Grade 2 includes short forms of words and contractions which represent syllables. Grade 3 is very similar to shorthand. Grade 1 is relatively quick and easy to master by anyone who is motivated. Many persons go well beyond Grade 1. Even when beginning in their sixties and seventies, many people master Grade 2.

There are several sources of Braille instruction. Most private agencies for the blind and low vision offer Braille lessons which are usually taught individually by a Braille instructor. The DOR offers Braille instruction through its C/T program mentioned earlier in this section. Most Counselor/Teachers give Braille lessons in the client's home as a part of a rehabilitation program.

The Hadley School for the Blind is also an excellent source for Braille instruction. This is a correspondence school for persons who are blind and low vision. All lessons are mailed to the student's home and study is done at the student's own pace. Their contact information is:

Hadley School for the Blind

700 Elm Street

Winnetka, IL 60093

(847) 446-8111

(800) 323-4238 (Toll free)

(847) 446-9916(Fax)
Website: www.hadley.edu/
E-mail: info@hadley.edu

Finally, there are Braille instruction books designed for a person to study and learn independently. However, most people find that it is easier to learn Braille by either using a personal instructor or by following a structured curriculum such as the one produced by the Hadley School for the Blind.

A good source of books and magazines in Braille is the NLS through its regional libraries. This was previously mentioned in the “Magazines and Books” section of this chapter.

There are also many other sources of Braille materials including religious books and pamphlets, computer manuals, cookbooks and “how to” books, etc. For a list of publishers of Braille materials see “Large Print Books” and “Producers of Audio Books and Periodicals” in the “Directory of Resources” section of this ***Handbook***.

IV. OTHER SOCIAL AND SUPPORTIVE SERVICES

SENIOR SERVICE SYSTEM

In addition to services designed for blind and low vision persons, there are other social service programs available. There is an extensive service system for seniors that is administered by the California Department of Aging (CDA). The CDA serves as both a unifying force for services to seniors and adults with disabilities and as a focal point for federal, state and local agencies which serve the elderly and adults with disabilities in California. The contact information for the CDA is:

California Department of Aging

1300 National Drive, Suite 200

Sacramento, CA 95834

(916) 419-7500

(800) 735-2929 (TTY)

(916) 928-2267 (Fax)

Website: www.aging.ca.gov

The CDA contracts with the network of Area Agencies on Aging (AAA), which directly manages a wide array of federal and state-funded services that help older adults. Each county has an AAA that is staffed by professionals who are knowledgeable about services available in your community. These services include, but are not limited to, transportation services, meal services, adult day care, housing assistance, medication management assistance and information as well as referral services. A wide range

of recreational and educational activities are also provided at Senior Centers.

Program availability varies between AAAs. For more information about services in your area and their availability, call your local **Information and Assistance Program** toll free at **(800) 510-2020** or find [your county specific telephone numbers here](#).

For information about senior related services available outside of California, call the toll free **Elder Care Locator** at **(800) 677-1116** or contact your local [Elder Care office](#).

IN-HOME SUPPORTIVE SERVICES

For persons who cannot live independently in their own homes without some assistance, there is a program known as In-Home Supportive Services (IHSS). The IHSS program will help pay for assistance services, thus allowing a person to remain safely in their own home. If eligible, an IHSS Social Worker goes to a client's home and assesses the need for service. The types of service provided by IHSS include: house cleaning, grocery shopping, meal preparation, laundry, personal care services, assistance with medical appointments and other chores necessary to maintain a safe and healthy home environment. To learn more about the IHSS program and to find out whether you are eligible for services, contact your local [County Welfare or Social Services office](#).

THE CALIFORNIA IDENTIFICATION CARD

For persons who do not qualify for a driver's license, the Department of Motor Vehicles (DMV) issues a California Identification (ID) Card. This is a picture identification card that looks very much like a driver's license but is used for identification purposes only. A regular ID card is valid for six years and a senior citizen ID card is valid for ten years. To qualify for a senior citizen ID card, you must be 62 or older.

You may pay a reduced application fee for an original or renewal identification card if you meet income requirements from a public assistance program. If you are eligible, the governmental or non-profit program will give you a completed Verification for Reduced Fee Identification Card (Form DL 937) to take to the DMV to apply for your reduced fee identification card.

You can obtain a California ID Card from any DMV branch office. While an appointment is not necessary, it is preferable to make an appointment to avoid a long wait by calling (800) 777-0133 or (800) 368-4327 (TTY). You will need your birth certificate and social security number to apply for a California ID Card.

TRANSPORTATION

When driving a motor vehicle is no longer an option, getting from place to place becomes quite challenging. One of the most daunting tasks for a person may be to find reliable transportation in order to maintain the daily necessities of life such as going to the market, the doctor,

etc.

Unfortunately, for Californians who do not drive automobiles, finding dependable transportation continues to be one of the biggest challenges. Throughout the state, there is a system of regional transit systems. Some of them are single county entities; some are jointly operated by multiple counties. In the 58 counties in the state, there are about 80 of these systems that form the foundation of the public transportation system.

In your area, the public Transit Agency may contract with private companies to provide such specialized transportation directly. Contract agencies frequently use names such as “Dial-a-Ride” or “Paratransit.” The quality and responsiveness of these services, as well as eligibility requirements and fees, vary from community to community. You will need to contact your local transportation authority to learn more about the transportation options available to you. For a listing of all transit agencies with the local links listed by county and city, refer to the [American Public Transportation Association \(APTA\)](#).

V. FINANCIAL ASSISTANCE PROGRAMS

SOCIAL SECURITY

Eligibility for Social Security is authorized by Title II of the Social Security Act. The official name is Old Age, Survivors and Disability Insurance (OASDI). The amount of monthly income you may obtain from Social Security is determined by how much you have contributed to Social Security. It is not based on your financial need. In other words, if you have worked for a certain number of quarters and paid into the Social Security fund, you will be able to collect payments based on your contributions.

The Social Security Administration (SSA) has a toll-free number that operates from 7:00 a.m. to 7:00 p.m., Monday through Friday. Please have your social security number handy when you call. The contact information for SSA is:

(800) 772-1213 (Toll-free in California)

(800) 325-0778 (TTY)

Website: www.ssa.gov

There is a [SSA website](http://www.ssa.gov) for frequently asked questions.

If you still need additional help, you may write to the Office of Public Inquiries:

Social Security Administration
Office of Public Inquiries and Communications Support
1110 West High Rise
6401 Security Boulevard
Baltimore, MD 21235

Contact the Social Security office nearest your residence to get more information about the various Social Security programs. To locate the office nearest your residence, you can access the online [Social Security Office Locator](#).

SOCIAL SECURITY DISABILITY INSURANCE

Eligibility for Social Security Disability Insurance (SSDI) is also based on your earnings, those of your spouse or your parents. If you have worked for a certain length of time and become blind or low vision, you may be eligible for SSDI. The SSA provides several pamphlets and brochures about its programs. You may want to contact the Social Security office nearest you to request these materials. A general overview of [SSDI, as well as Supplemental Security Income \(SSI\)](#), can be found on the Social Security website.

SUPPLEMENTAL SECURITY INCOME

Eligibility for Supplemental Security Income (SSI) authorized by Title XVI of the Social Security Act, is based on financial need. The SSI program makes cash assistance payments to aged, blind, and disabled individuals (including children under age 18) who have limited income and resources. The amount that you may receive will depend on your income and resources. You may apply in person or over the telephone. A Social Security representative will complete the application for you and mail it to you for your signature. If you have further questions, you should inquire at the Social Security office nearest you.

Telephone numbers for Social Security offices are listed under United States Government, Department of Health and Human Services, in your telephone directory. A general overview of [SSI qualifications](#) can be found on the Social Security website.

SSI and SSDI programs share many similar concepts and terms, but there are also several, very important differences in the rules affecting eligibility and benefit payments. Individuals may apply to both programs and some people are eligible for benefits under both SSI and SSDI. The term “concurrent” is used when individuals are eligible for benefits under both programs. Examples of [concurrent benefits](#) can be found on the Social Security website.

TAX BENEFITS

People who are legally blind are eligible for a special deduction on their income taxes in addition to the standard deductions they may be entitled to. You will need a statement from your doctor affirming your blindness or vision loss and it must be attached to your tax return.

The amount of these fixed deductions depends on your filing status and the amount may vary from year to year. You may also be entitled to additional deductions based on your blindness or vision loss. To view possible deductions, consult the Internal Revenue Service’s [“Tax Highlights for Persons with Disabilities” \(Publication 907\)](#).

FREE POSTAGE

The U.S. Postal Service allows blind and low vision persons to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. In the right top corner of the envelope, you will need to place the words “FREE MATTER FOR THE BLIND OR HANDICAPPED”.

You may send for a copy of the pamphlet, “Mailing Free Matter for Blind and Visually Handicapped Persons” from the Office of the Consumer Advocate. The contact information for this office is:

Consumer Advocate
United States Postal Service
Customer Service Support
475 L’Enfant Plz Sw, Rm 4131
Washington, DC 20260
(800) 275-8777

The [publication](#) may also be downloaded.

DISABLED PARKING PLACARD

The DMV can issue a disabled parking placard to a blind and low vision person. This placard is transferable from vehicle to vehicle whenever the person with sight loss is a passenger. It is usable in specially marked disabled parking spaces and will enable the driver to park free at parking meters. Permanent parking placards for permanent disabilities are valid for two years and there is a substantial penalty for misuse. There is **no fee** for a permanent parking

placard, its replacement, or for a travel placard. Additional information about [placards](#) for disabled persons may be found at DMV website.

You may obtain a copy of the [“Application for Disabled Person Placard or Plates” \(Form REG 195\)](#).

Contact your local DMV office for information or to schedule an appointment at (800) 777-0133.

REDUCED BUS AND RAIL FARES

Most national rail and bus companies offer discount fares to persons with disabilities and their travel companions. Almost always, proof of vision loss and a picture ID card are required. Photo ID’s can be obtained from DMV. Many local Transit Agencies offer their own reduced fare card for disabled persons. For a listing of all Transit Agencies with the local links listed by county and city, refer to the [American Public Transportation Association \(APTA\)](#).

DISCOUNTS AT STATE PARKS AND OTHER RECREATIONAL FACILITIES

California State Parks offer a Disabled Discount Pass. For a small fee, a *lifetime pass* is issued to applicants who are eligible.

The pass entitles you to a 50 percent discount on basic facility use fees including day parking, camping and boat/day parking. The pass may be used at all parks and recreation sites operated by the State of California except Hearst Castle at San Simeon. Applications may be

downloaded for the [California State Parks Disabled Discount Pass Program](#).

If you wish to receive the application by mail or have additional questions, you may contact the California State Parks Pass Sales. The contact information for this program is:

California State Parks
Attn: Disabled Discount Pass Program
P.O. Box 942896
Sacramento, CA 94296
(800) 777-0369 ext. 2
(916) 653-8280
E-mail: passinfo@parks.ca.gov

DISCOUNTS AT U.S. GOVERNMENT NATIONAL PARKS AND OTHER RECREATIONAL FACILITIES

Similar to the State of California, the U.S. Government also offers a discount pass. This is known as the America the Beautiful – National Parks and Federal Recreational Lands Pass – Access Pass. This lifetime pass, for persons with permanent disabilities, allows access to use of national parks, campgrounds and other federally operated recreational facilities either free or at reduced rates. Documentation of disability is required to obtain the pass. The Access Pass must be obtained in person at a participating Federal recreation site or office. Many local tourist attractions such as museums, amusement parks and reserves also offer discounts to persons with disabilities. Always remember to ask if the attraction you

are visiting has a special rate for persons with disabilities.

ASSISTANCE DOG SPECIAL ALLOWANCE PROGRAM

The Assistance Dog Special Allowance (ADSA) program provides a monthly payment to eligible persons who use a guide, signal or service dog to help them with needs related to their disabilities. The allowance is to help pay for the cost of food, grooming and health care for the dog.

To be eligible for the ADSA program, an individual must meet all four of the following criteria:

1. Live in California.
2. Be blind, deaf, hard of hearing or disabled.
3. Use the services of a guide, signal or service dog.
4. Receive benefits from one or more of the following programs:
 - Supplemental Security Income (SSI)
 - State Supplementary Payment (SSP)
 - In-Home Supportive Services (IHSS)
 - Social Security Disability Insurance (SSDI) (**SSDI recipients must also meet federal poverty guidelines**)
 - Cash Assistance Program for Immigrants (CAPI)

Should you need to obtain an application or have additional questions, the contact information for the ADSA program is:

**California Department of Social Services
Office of Services to the Blind**

744 P Street, MS 9-7-96

Sacramento, CA 95814

(916) 657-2628

Website: <http://www.cdss.ca.gov/Assistance-Dogs>

E-mail: ADSAUser@dss.ca.gov

VI. MEDICAL ASSISTANCE SERVICES

Many California residents who are blind or low vision may be eligible for two public Medical Assistance programs. One is Medi-Cal, which is California's name for the federal Medicaid program. The other is Medicare, a federal program designed to help with the cost of medical and hospital care for elderly and disabled persons.

MEDI-CAL

Medi-Cal is a state and federally funded program for low-income people, which pays for medically necessary treatment services, medicines, medical supplies and durable medical equipment, such as canes, crutches, walkers and wheelchairs.

You are automatically eligible for Medi-Cal if you are receiving SSI or IHSS. However, even if you do not receive benefits from these programs, you may still be eligible if you have low income and limited resources.

Medi-Cal provides a number of services to people with limited resources including, but not limited to:

- Physician services
- Inpatient hospital care
- Outpatient hospital care
- Laboratory and X-ray services
- Skilled nursing facility services
- Home health services
- Rural health clinic services

- Pharmacy services (Medications)
- Medical transportation
- Equipment (such as wheelchairs and hearing aids)
- Vision services
- Long term care
- Physical therapy
- Occupational therapy
- Speech therapy
- Audiology

The Medi-Cal program is administered by each county in California. To learn more about the Medi-Cal program and to find out if you are eligible for these services, contact your local County Welfare or Social Services office. The “Directory of Resources” section entitled, “County Social Services Offices” of this ***Handbook*** has a complete listing of [County Welfare or Social Services offices](#).

To find an Optometrist or Ophthalmologist who takes Medi-Cal in most of the counties of California, use the [Medi-Cal’s Vision Care Provider directory](#).

MEDICARE

Medicare is a federal health insurance program for aged and disabled persons. Unlike Medi-Cal, entitlement to Medicare services is not based on an individual’s financial status. Rather, it is a health insurance program funded through employer and employee payroll taxes.

To qualify for Medicare, an individual must be:

- Receiving Social Security benefits;

- A retired employee of the federal government; or
- Receiving Railroad Retirement benefits.

For people who are not disabled, eligibility for Medicare begins at age 65, even if they opted to begin receiving Social Security Retirement benefits at age 62.

Persons under the age of 65 who are disabled may be eligible for Medicare if they have received Social Security or Railroad Retirement Disability benefits for at least 24 months. The disabled adult child of a Medicare recipient or spouse of a deceased Medicare recipient, is also eligible to receive Medicare benefits.

Medicare Administration

The Medicare program is administered locally by private insurance companies who are called “carriers.” The Health Care Financing Administration (HCFA), a federal agency within the Health and Human Services Department, contracts with private insurance companies in each area of the country to process claims for benefits from people who are enrolled in Medicare. However, you apply for Medicare at your local [Social Security office](#) and questions concerning benefits should be directed there as well.

If you have questions about Medicare or want to apply for benefits, call Social Security at the numbers listed below and make sure to have your Social Security Number ready when you call.

(800) 772-1213

(800) 325-0778 (TTY)

To locate the office nearest your residence, you can access the online [Social Security Office Locator](#).

For general Medicare information, ordering Medicare booklets, and information about health plans, Medicare may be contacted 24 hours a day, 7 days a week at:

(800) MEDICARE or (800) 633-4227
(877) 486-2048 (TTY)

Medicare Benefit Structure

Medicare benefits are divided into Parts A and B. Medicare Part A covers hospital care, nursing home and home health care services. Medicare Part B covers outpatient hospital care, physician services, physical therapy, medical transportation, durable medical equipment (wheelchairs, walkers, etc.) and other services and procedures.

Medicare Part A

Medicare Part A covers institutional, or hospital, and similar types of care. It is free for those who have contributed to Social Security. For those who have not contributed, Part A can be purchased by persons over 65.

Medicare Part B

Medicare Part B services include:

- Physicians' services
- Outpatient hospital services
- Rural health clinic care

- Outpatient rehabilitation
- Physical and occupational therapy
- Speech pathology
- Prosthetic devices
- Durable medical equipment
- Diagnostic tests
- Certain preventive services

There is an initial deductible per year for Part B services. This amount is satisfied only by the recipient paying charges that Medicare would allow, which may be less than the full amount of the bill. In addition, recipients are responsible for paying a 20 percent co-payment for most services and devices provided under Part B. Under certain circumstances, physicians and other providers are allowed to charge more than Medicare will pay. You, the beneficiary, are required to pay for these extra charges.

Although physicians and suppliers may charge more than Medicare allows, some have agreed to provide services and equipment on an “assignment” basis. This means they will accept the amount that Medicare allows for a service or device as payment in full without making any additional charge. Medicare pays 80 percent of this allowed amount and you, the beneficiary, must pay the remaining 20 percent. If a supplier has not agreed to assignment, the full market price may be charged. The beneficiary is expected to pay any amount which exceeds what Medicare allows.

NON-GOVERNMENT MEDICAL SERVICES

This section discusses several non-government programs

that, in addition to the government programs Medi-Cal and Medicare, assist with the cost of medical treatment related to blindness prevention and vision preservation.

EYECARE AMERICA

EyeCare America is a public service program that facilitates eye care to U.S. citizens and legal residents aged 65 and over who do not have an ophthalmologist at no cost to those who qualify. The contact information for the EyeCare America is:

(877) 887-6327

(415) 561-8567 (Fax)

Website: www.eyecareamerica.org

E-mail: eyecareamerica@aao.org

PREVENT BLINDESS AMERICA

Prevent Blindness America provides vision screening and follow-up for adults and children. The contact information for Prevent Blindness America is:

Prevent Blindness

225 West Wacker Drive Suite 400

Chicago, Ill. 60606

(800) 331-2020

Website: www.preventblindness.org

E-mail: info@preventblindness.org

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free. For general information about the program contact the [Medicine Assistance Tool](#).

NEW EYES FOR THE NEEDY

New Eyes for the Needy will provide eyeglasses free of charge if no other source of payment is available. Examinations are not covered by this program. You need to apply for assistance and, if you are approved, you will receive a voucher that can be used at a participating optical dispenser. The contact information for the New Eyes for the Needy is:

New Eyes for the Needy

549 Millburn Avenue

PO Box 332

Short Hills, NJ 07078

(973) 376-4903

Website: www.neweyesfortheneedy.org

E-mail: info@new-eyes.org

VISION IS POSSIBLE

Vision is Possible is a joint program between the Sacramento Valley Optometry Society and the Northern

California Lions Sight Association that provides assistance to persons with limited resources who need intensive eye care. The participating Lions Club will screen patients for both visual and financial needs with referrals received from other service organizations, school nurses, etc. This organization provides assistance in Yolo, Sacramento, El Dorado, Nevada and Placer Counties. For additional information about this program contact:

The Northern California Lions Sight Association

P.O Box 188348

Sacramento, CA 95818

(916) 397-6391

Website: www.nclsa.com

There may be similar programs in other communities throughout the state. Contact the service agency nearest you and ask about assistance with medical costs. For a listing of these agencies, refer to “California Agencies” in the “Directory of Resources” section of this ***Handbook***.

VII. ORIENTATION AND MOBILITY

Orientation and Mobility are the terms that refer to the techniques used by blind and low vision persons so that they may “travel” safely and efficiently. In this context, “travel” means moving around inside one’s home or outside within the community. It includes walking with or without a mobility aid, such as a white cane or guide dog, and using all modes of transportation, such as buses, trains, taxis and airplanes.

Orientation refers to the relationship between a person and the physical space that surrounds him/her. It includes conceptualizing spatial relationships, such as right angles for negotiating intersections and understanding the layout in one’s own home or office so that a person can confidently and efficiently function in these environments.

Mobility refers to techniques used to move safely through the environment while getting from Point A to Point B.

For blind and low vision persons, mobility can be a particular challenge when attempting to move about safely in an environment full of obstacles and pitfalls. Yet mobility is essential to personal and professional progress, productivity, independence and self-esteem.

Any person, regardless of the degree of vision loss, can be taught to move around safely in his/her home, on the job, and in the community. State certified Orientation and Mobility Specialists teach the techniques necessary to achieve independent mobility, both to low vision and to

totally blind clients. Such techniques include the safe and efficient use of residual vision as well as the use of mobility aids. The most common mobility aid is the white cane, followed by the guide dog. However, rapidly developing technology is bringing new mobility aids to the market constantly.

THE WHITE CANE

The white cane is used by many blind and low vision Californians to achieve independent mobility in their homes and communities, but how well do most people understand its functions? What images come to mind for most people when they think of a white cane?

For many, the white cane has negative connotations. It brings to mind images of helpless and pitiable persons groping along the street. Even many blind and low vision persons subscribe to these images and refuse to carry the white cane so others will not know they are blind.

It is unfortunate that the white cane conjures up such misconceptions because, in actual fact, it is the tool which contributes much to the independence and mobility of blind persons. It has liberated millions of blind people worldwide from restricted lives of dependence and passivity. For these blind individuals, the white cane is more of a symbol of accomplishment and freedom.

The white cane does much more than move along the sidewalk alerting the blind pedestrian to obstacles in the path. First, it grants a blind pedestrian protections and the right-of-way while carrying the cane. The white cane

also provides a great deal of invaluable information about the surroundings. For example, the tapping sound echoes off the fronts of buildings as the cane user walks down the street. The sound changes as he or she passes openings such as doorways, driveways and alleys. In large places, such as train station lobbies or airports, the echo lets the user know the size of the space and the location of hallways and stairwells.

The tip of the cane is very sensitive, providing crucial information about ground surfaces. For example, the cane indicates when the concrete of the sidewalk changes into the asphalt of the street. This information is especially important in places where there are no curbs. Other surface changes can denote entrances to buildings, bus stops, and the front of the blind person's home or other destinations. In interior spaces, floor coverings are very informational. For example, in many hotel lobbies, department stores, and governmental buildings, tile or marble indicates walk ways, and carpeting indicates seating or merchandise areas or vice versa.

The cane picks up all these changes and many more, not to mention drop-offs like stairs or the edge of a platform in a train or subway station. When properly used, the white cane can give a blind person much needed information to move about safely through most environments.

In summary, the white cane enables blind people to travel safely and independently all over the world and to engage in the full gamut of vocational and leisure

activities.

THE GUIDE DOG

The decision whether to use a cane or a dog can be a major one, and should not be made lightly. The relationship that can develop between humans and dogs can be of the most loving and powerful nature. The assistance that guide dogs provide can be tremendously useful, making a significant contribution to independent mobility. However, there are many factors to consider before making this choice.

Factors to Consider Before Choosing a Guide Dog

- Dog training schools require blind and low vision applicants to be good travelers. Thus, they must have already had training in Orientation and Mobility and have good travel skills. A guide dog does not actually take people to their destination. The human partner must know how to get where he or she wants to go and give appropriate commands to the dog.
- Dogs like to walk rapidly. Their human companions must be in good physical condition and be able to maintain a brisk pace.
- Dogs are deeply caring and devoted. Their emotional well-being depends on the love and attention of their human companions. The relationship that develops between a guide dog and a blind or low vision person is usually very strong. This sometimes creates jealousy on the part of other family members. Likewise, guide

dogs expect to accompany their partners everywhere and become unhappy if left behind when their partners go out with other family members or friends.

- Dogs are a big responsibility. They need to be relieved every several hours no matter how inconvenient this may be for their human partners. The human partner is expected to pick up after the dog and to repair or pay for any damage the dog may cause. Dogs must be groomed and bathed regularly.
- Dogs are an added expense. Their food and grooming bills can be considerable, and while some training schools provide free veterinarian care, not all do. Also, it may not be geographically feasible to use their services.
- Dogs can be social icebreakers. Most people love dogs and want to comment on how attractive and wonderful they are. However, it can be disconcerting to discover that the sighted public thinks that the humans are totally dependent on their dogs and that the dogs are taking care of them. Tact and diplomacy are often required in interacting with the public.

Think about these issues and how you might deal with them. A very good way to learn more about the experience of having and using a guide dog is to talk with people who do use them.

You can get information about [dog training schools](#) at Assistance Dog Special Allowance Program website.

NEW MOBILITY AIDS

There are a range of mobility aids to help people who are blind or low vision travel more safely. Some examples include: Talking Signs™ that transmit information to hand-held receivers which announce the location of important features such as public telephones, restrooms, street addresses, traffic signals, etc.; portable geographical positioning systems (GPS) which let users know precisely where they are; computerized city maps which provide users with information on how to get to their destinations; and canes that beep and/or vibrate to indicate objects not only at ground level, but at waist and hand level.

These and many other new “high tech” mobility aids are constantly being developed and improved and this will revolutionize travel for blind and low vision persons. The two basic mobility aids that are still the most reliable and universally used are the white cane and the guide dog.

VIII. RECREATIONAL OPPORTUNITIES

SPORTS AND HOBBIES

As with every other aspect of life, blind and low vision persons pursue the full range of recreational activities including individual and team sports, as well as card and board games. They are also engaged in hobbies of all kinds, including sewing, knitting, crocheting, art and music. Leisure time activities that individuals with visual disabilities choose to participate in depend on their interest, abilities and stamina.

Remember that there is an alternative method of doing nearly everything. Blind and low vision sports enthusiasts find many ingenious ways to compensate for their lack of vision. For example, blind cross-country skiers ski with a sighted guide who skis beside or behind them and gives them verbal clues about the environment. Blind golfers play with a sighted partner who helps them keep track of their ball. Blind bowlers sometimes use a guide rail to keep their approach straight. Blind cyclists ride on tandem bicycles with a sighted “captain” riding on the front. Blind runners sometimes run touching hands with a partner or just follow verbal directions from a fellow runner.

Here are just some of the activities that many blind and low vision persons are known to participate in:

Bicycling
Canoeing

Kayaking
Sailing

Dancing
Diving
Golfing
Hang Gliding
Hiking
Music

Skiing
Surfing
Swimming
Track and Field
Wind Surfing
Camping

Braille and large print playing cards enable blind and low vision persons to enjoy the social pleasures of card games such as bridge, poker, pinochle, and canasta. Braille and large print board games include Monopoly, Scrabble, Parcheesi, Clue, and many others.

To find out about recreational opportunities in your community, contact the service agency for the blind or low vision nearest you.

GETTING INVOLVED

These are some associations that can help you get involved.

The Bay Area Association of Disabled Sailors (BAADS)

Pier 40, The Embarcadero #16

San Francisco, CA 94107

(415) 281-0212

Website: www.baads.org

The Bay Area Outreach and Recreation Program

3075 Adeline Street, Suite 200

Berkeley, CA 94703

(510) 849-4663

(510) 849-4616 (Fax)

Website: www.borp.org

Email: info@borp.org

Achieve Tahoe

2680 Alpine Road, B3686

Alpine Meadows, CA 96146

(530) 581-4161

(530) 999-2245 (Fax)

Website: <http://achievetahoe.org>

Discovery Blind Sports

P.O. Box 158

Pioneer, CA 95666 (209) 258-2233

Website: www.discoveryblindsports.org

Environmental Traveling Companions

2 Marina Blvd, Fort Mason Center C385

San Francisco, CA 94123

(415) 474-7662

(415) 474-3919 (Fax)

Website: www.etctrips.org

Online Inquiry Form Available

Leoni Meadows Christian Camp and Retreat Center

PO Box 400

Grizzly Flats, CA 95636

(530) 626-3610

(530) 626-8524 (Fax)

Website: www.leonimeadows.org

Email: information@leonimeadows.org

Music for the Blind

Valdosta Music and Publishing

704 Habersham Road
Valdosta, Georgia 31602
(888) 778-1828
Website: www.musicfortheblind.com
Email: bill@musicvi.com

National Camps for Blind Children

Christian Record Services, Inc.
5900 South 58th Street, Suite M
Lincoln NE 68516
(402) 488-0981
(402) 488-7582
Website: www.blindcamps.org
E-mail: info@christianrecord.org

Center for Visually Impaired Adults in Placer County

This program provides peer support, independent living instruction, social contacts, and resources for adults with vision problems.

1212 High Street
Auburn, CA 95630
(530) 863-7773
Website: <http://placercvia.org>
Email: hhofpc@gmail.com

Shasta Mountain Guides

P.O. Box 1543
Mt. Shasta, CA 96067 (530) 926-3117
Website: www.shastaguides.com
Email: info@shastaguides.com

Sierra Regional Ski for Light

10435 Royal Crest

Truckee, CA 96161

(530) 582-5362

Website: www.srsfl.org

Email: thelots@gmail.com

The United States Association of Blind Athletes

1 Olympic Plaza

Colorado Springs, CO 80909 (719) 866-3224

(719) 866-3400

Website: www.usaba.org

United States Blind Golf Association

Website: usblindgolf.com

Email: info@usblindgolf.com

TELEVISION AND MOVIES

Although blind and low vision persons have always enjoyed movies and television, the arrival of descriptive programming has made this pastime much more satisfying.

DESCRIPTIVE VIDEO SERVICE

Descriptive Video Service (DVS) is a national service of the Media Access Group at WGBH in Boston and Los Angeles. DVS conveys the key visual aspects of a film or television program by describing scenery, facial expressions, graphics, etc. during natural pauses in dialogue to help low-vision viewers to better understand the story.

DVS descriptions are currently available on PBS programming, broadcast and cable television, streaming content, feature films, documentaries and educational web videos. The contact information for the **Media Access Group at WGBH** is:

Boston Office:

Media Access Group at WGBH

One Guest Street

Boston, MA 02135

(617) 300-5400

Website: www.wgbh.org/about/disabilityservices.cfm

Email: access@wgbh.org

Los Angeles Office:

Media Access Group at WGBH

300 E. Magnolia Boulevard, Suite 100

Burbank, CA 91502

(818) 562-3344

Website: www.wgbh.org/about/disabilityservices.cfm

Email: access@wgbh.org

IX. ASSISTIVE TECHNOLOGY

The explosion of new technology in recent years has literally revolutionized life for persons with disabilities. Ranging from the simplest of “low tech” devices which respond to functional challenges, to the most sophisticated “high tech” solutions, technology is making it possible for people to transcend their disabilities and live independently, work competitively, and get much more enjoyment out of life.

ACCESS THROUGH ELECTRONICS

For individuals who are blind or low vision, the lack of access to the universe of information only available in print or other visual media has for centuries posed an enormous barrier both to independent living and to employment. Now, thanks to the emergence of the electronic age, access to printed information is greatly enhanced for blind and low vision persons.

- **Computers** have neutralized some of the most disabling aspects of vision loss by creating immediate access to the printed word. They have also opened up a vast new body of information by making the internet available.
- **Software** enlarges the print and images on computer monitors, so that low vision individuals can read their screens.
- **Speech Synthesizers** produce speech output for totally blind persons.

- **Translation Programs** produce Braille printouts of any material contained in a computer file.
- **Reading Machines** which are comprised of Optical Character Recognition (OCR) devices in tandem with conversion software, “read” printed books and other materials by scanning the print and producing the output in enlarged print, speech, or Braille.

Access to the printed word is therefore now immediate, compared to those not so long ago days when it took weeks or months to have materials translated into Braille or recorded onto tape.

THE CLOSED CIRCUIT TELEVISION

One of the most useful devices for persons with low vision is the Closed Circuit Television (CCTV). This machine will magnify print from any source (e.g. books, papers, letters, etc.) onto a TV screen. The user can adjust the size of the letters, ranging from just a little larger than normal to large enough to fill the screen with only one letter. The CCTVs are available from a number of sources. See the “Directory of Vendors of Assistive Technology” listed in the “Directory of Resources” section of this *Handbook*.

FINDING OUT WHAT IS AVAILABLE

There are a staggering number and variety of electronic devices, which have been designed for blind and low vision persons. It can be difficult and confusing for individuals to select the right device for their own specific needs. A good way to look at all the options and

experience hands-on demonstrations is to attend one of the conferences where there is a large exhibit area with a broad representation of exhibitors. Such conferences are held by the California Council of the Blind (CCB), the National Federation of the Blind (NFB) of California and the Center on Disabilities at the California State University at Northridge (CSUN). The CCB and the NFB of California hold two conferences per year, one in northern and one in southern California. The CSUN holds its annual conference in Los Angeles in March. The contact information for these organizations is listed below.

California Council of the Blind (CCB)

2143 Hurley Way, Site 250
Sacramento, CA 95825
(916) 441-2100
(800) 221-6359 (Toll-Free in CA)
(916) 441-2188 (Fax)
Website: www.ccbnet.org/
E-mail: ccotb@ccbnet.org

National Federation of the Blind (NFB) of California

4226 Castanos Street
Fremont, CA94536
(916) 382-0372
Website: www.nfbcal.org
E-mail: president@nfbcal.org

Center on Disabilities

California State University, Northridge

18111 Nordhoff Street, Bayramian Hall, Room 110
Northridge, CA 91330

(818) 677-2578
(818) 677-4929 (Fax)
Website: www.csun.edu/cod
E-mail: conference@csun.edu

Most vendors of technology have statewide representation by marketing specialists. These representatives will come to your home and show you their equipment. This is a good way to learn what is available and what might be helpful to you. A list of these vendors is included in the “Directory of Vendors of Assistive Technology” listed in the “Directory of Resources” section of this *Handbook*.

LOW TECH WORKS TOO

Although most people think in terms of computers when thinking of technology, assistive technology devices and services for persons with disabilities include an unlimited range of appliances and activities. Assistive Technology includes any tool, device, or apparatus which enables a person with a disability to perform a function he or she cannot perform without it. Just about anything, no matter how simple can be considered *Assistive Technology*.

For blind and low vision persons, there are hundreds of gadgets to help function independently around the house. They include Large Print clocks and timers, talking scales, Large Print and talking thermometers, measuring cups, spoons, and tape measures with enlarged print and raised lines, needle threaders, sock sorters, knives with cutting guides, sensors that beep when liquid being poured reaches the top of the glass.

There are beepers that sound off to help you find your keys, glasses or purse, and that is only the beginning.

Many people develop their own technology, such as the woman with the use of only one hand who discovered that if she put a nail in her cutting board, she could hold an onion or tomato in place while slicing it one-handed. Most blind and low vision persons develop countless systems and devices for themselves to help with day-to-day activities.

MOBILITY AIDS

Technology is also developed to enhance mobility. For example, there are glasses that provide auditory information about the environment, hand held scanners that detect the location and intensity of light and Talking Signs™ which indicate the location of features such as public telephones and bus stops.

A good way to find out about the assistive technology that may be helpful to you is to browse through catalogs. There are several vendors that offer a general inventory of household aids, tools, magnification equipment, tape recorders, recreational materials, etc. A list of these vendors is included in the “Directory of Vendors of Catalogs of Merchandise” listed in the “Directory of Resources” section of this **Handbook**. Many of the vendors on the Vendors of Technology list will provide you with a free catalog.

The AT Network, affiliated with the Department of

Rehabilitation and the Alliance for Technology Access, is a statewide project which promotes access to assistive technologies, related services, and information to enable people with disabilities to be successful, independent and productive. You may also wish to contact the AT Network for referral to sources of assistive technology in your community at: (800) 390-2699. For additional information on the AT Network, refer to the “Vendors of Assistive Technology” listed in the “Directory of Resources” section of this **Handbook**.

X. ORGANIZATIONS AND ASSOCIATIONS

In addition to the services described in Chapter III of this *Handbook*, there are other organizations and associations that may be of interest to you. Some sponsor research on specific eye diseases, some do research on a wide variety of topics related to blindness and low vision and publish informational books, pamphlets, and newsletters. Others are consumer organizations with chapters throughout the United States whose members engage in various kinds of advocacy for individuals who are blind or low vision.

CONSUMER ORGANIZATIONS

AMERICAN COUNCIL OF THE BLIND

The American Council of the Blind (ACB) is the nation's leading membership organization of blind and low vision people. The Council's membership numbers are in the tens of thousands of which there are 51 state and regional affiliates and 20 national special interest and professional affiliates. However, membership is not limited to blind or low vision individuals.

The California Council for the Blind (CCB), the ACB's California affiliate, meets statewide on a regular basis as do all statewide affiliates to the organization. The national special interest affiliates meet annually during the ACB national convention and many of these groups also have state/metropolitan chapters.

The Council strives to improve the well-being of all blind

and low vision people by: serving as a representative national organization of blind people; elevating the social, economic and cultural levels of blind people; improving educational and rehabilitation facilities and opportunities; cooperating with the public and private institutions and organizations concerned with blind services; encouraging and assisting all blind persons to develop their abilities; and conducting a public education program to promote greater understanding of blindness and the capabilities of blind people.

The Braille Forum, a free monthly national magazine, is produced in braille, large print, digital cartridge, podcast, email, and contains articles on employment, legislation, sports and leisure activities, new products and services, human interest and other information of interest to blind and low vision people. For additional information, contact:

American Council of the Blind (ACB)

1703 North Beauregard Street, Suite 420

Alexandria, VA 22311

(202) 467-5081

(800) 424-8666 (Toll-Free)

(703) 465-5085 (Fax)

Website: www.acb.org

E-mail: info@acb.org

CALIFORNIA COUNCIL OF THE BLIND

The California Council of the Blind (CCB), an affiliate of the ACB, is comprised primarily of blind and partially sighted people from all walks of life and all parts of the state working together to ensure better opportunities and

quality of life for people who are blind or have low vision.

The CCB states that its vision is "...that culture, laws, programs, and attitudes throughout California are inclusive of all people, especially persons who are blind or visually impaired." The CCB uses its resources to help blind people help themselves in three major ways:

- Scholarship programs
- Low interest equipment loans that enable blind persons to obtain special equipment
- A toll-free number for recently blind persons and their families to obtain peer counseling, referrals to training facilities and government agencies, as well as advice to make the transition easier

For additional information contact:

The California Council of the Blind (CCB)

1303 J Street, Suite 400

Sacramento, CA 95814

(916) 441-2100

(800) 221-6359 (Toll-Free in CA)

(916) 441-2188 (Fax)

Website: www.ccbnet.org/conus.htm

E-mail: ccotb@ccbnet.org

SENIORS WITH VISION LOSS COMMITTEE

The Seniors with Vision Loss Committee, a sub-group of the CCB, is a resource for role models, peer counseling, support, information, and promotion of independence. The purpose is to assist and empower California senior

citizens that are blind or low vision through education, advocacy and encouragement. This committee offers a statewide network of resource representatives who can provide information, referrals and peer counseling.

Call the CCB at (916) 441-2100 or (800) 221-6359 (Toll-Free in CA) to get the name and phone number of your nearest resource representative.

NATIONAL FEDERATION OF THE BLIND

Founded in 1940, the National Federation of the Blind (NFB) has grown to include more than ten percent of the nation's blind population. The NFB is organized in every state and has local chapters, of varying sizes, in almost every community. Where there is no local chapter, there are generally members at large.

The purpose of the NFB is the complete integration of the blind into society on a basis of equality. This objective involves the removal of legal, economic and social discriminations; the education of the public to new concepts concerning blindness; and the achievement by all blind people of the right to exercise their individual talents and capacities to the fullest.

The NFB believes that the newly blind person faces a difficult adjustment. One of the best medicines is to meet other blind people and learn of their jobs and the techniques they use in doing things without sight. The NFB provides this common meeting ground, and even more important, a sense of participation and restoration of confidence.

Members of the NFB contact newly blind persons to help them with problems of adjustment and orientation. Information is also given concerning available services from governmental and private agencies, as well as facts about laws and regulations concerning the blind. The NFB is the “voice of the blind, the blind speaking for themselves.” For additional information contact:

National Federation of the Blind (NFB)
200 East Wells Street at Jernigan Place
Baltimore, MD 21230
(410) 659-9314
(410) 685-5653 (Fax)
Website: <https://nfb.org/>
E-mail: nfb@nfb.org

The NFB of California’s contact information is:

National Federation of the Blind (NFB) of California
4226 Castanos Street
Fremont, CA 94538.
(916) 382-0372
Website: www.nfbcal.org
E-mail: president@nfbcal.org

RESEARCH ASSOCIATIONS

AMERICAN FOUNDATION FOR THE BLIND

The American Foundation for the Blind (AFB) is a national non-profit agency working in cooperation with over 700 agencies, organizations, and schools, offering services to blind and low vision people. The mission of the AFB is to

enable people who are blind and low vision to achieve equality of access and opportunity that will ensure freedom of choice in their lives. Since its founding in 1921, the AFB has recognized its need to take a leadership role in educating the general public as to the capabilities of people who are blind and low vision.

The AFB develops, collects and disseminates information regarding the non-medical aspects of blindness. The organization has published hundreds of books, pamphlets and magazines and has compiled a catalog of these materials. For a list of these informational publications, contact the AFB. The AFB's contact information is:

American Foundation for the Blind, Information Center
1401 South Clark Street, Suite 730
Arlington, VA 22202
(212) 502-7600
Website: www.afb.org

FOUNDATION FIGHTING BLINDNESS

The Foundation Fighting Blindness (FFB) is a national eye research foundation dedicated to finding a cure for Retinitis Pigmentosa, Macular Degeneration and related retinal degenerative diseases. The Foundation funds more research on these diseases than any other non-governmental agency in the world, supporting scores of basic and clinical research projects in the U.S. and foreign countries. In addition, it serves as a worldwide source of information for affected families, specialists and professionals.

The Foundation has more than 50 affiliates in the United States. Annually, approximately 80 percent of the Foundation's budget is spent on program services including research, public health and education and human services. The FFB has a National Network of Volunteer Groups that raise funds, increase public awareness and provide support to their communities which are divided into local chapters. For additional information about FFB or to find a local chapter contact:

Foundation Fighting Blindness National Headquarters

7168 Columbia Gateway Drive, Suite 100

Columbia, MD 21046

(800) 683-5555 (Toll-Free)

(800) 683-5551 (TTY)

Website: www.fightingblindness.org

E-mail: info@FightBlindness.org

PREVENT BLINDNESS NORTHERN CALIFORNIA

The Prevent Blindness Northern California (PBNC) provides services to prevent vision loss to two vulnerable segments of the population: young children and underserved adults. This is accomplished by providing vision screenings throughout Northern California. For additional contact:

Prevent information Blindness Northern California

San Francisco Office

550 Kearny Street, Suite 1000

San Francisco, CA 94108

(415) 567-7500

(415) 567-7600 (Fax)

Website: <https://northerncalifornia.preventblindness.org/programs-and-services>

E-mail: q@eyeinfo.org

Prevent Blindness Northern California

Redding Branch Office

1320 Yuba Street, Suite 209

Redding, CA 96001

(530) 243-0410

GLAUCOMA RESEARCH FOUNDATION

Glaucoma is a leading cause of blindness, has no warning, no symptoms, and if left undetected, steals sight. With proper care and treatment, it can be controlled and vision retained.

The Glaucoma Research Foundation sees a future time where sight and independence are not threatened. Through research, public awareness and patient education, they are looking to protect and preserve sight. For additional information contact:

Glaucoma Research Foundation

251 Post Street, Suite 600

San Francisco, CA 94108

(415) 986-3162

(415) 826-6693

Website: www.glaucoma.org

E-mail: question@glaucoma.org

THE GLAUCOMA FOUNDATION

The Glaucoma Foundation (TGF) is an international

non-profit organization dedicated to fighting Glaucoma, the world's leading preventable cause of blindness. The Foundation's strategy is two-fold: to raise public awareness concerning the necessity of regular eye exams and to fund critical research to find cures for Glaucoma. For additional information contact:

The Glaucoma Foundation

80 Maiden Lane, Suite 700

New York, NY 10038

(212) 285-0080

Website: www.glaucomafoundation.org

E-mail: info@glaucomafoundation.org

AMERICAN MACULAR DEGENERATION FOUNDATION

The American Macular Degeneration Foundation (AMDF) works for the prevention, treatment and cure of macular degeneration through raising funds, educating the public and supporting scientific research. For additional information contact:

American Macular Degeneration Foundation

P.O. Box 515

Northampton, MA 01061-0515

(413) 268-7660

(888) 622-8527 (MAC-ULAR) Toll-Free

Website: www.macular.org

AMERICAN DIABETES ASSOCIATION

Diabetes is the leading cause of new cases of blindness among adults aged 20-74 years. Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each

year. Everything you need to know, from nutrition to exercise, to who's at risk for diabetes, has been researched by the American Diabetes Association (ADA). For additional information or to find a local office contact:

American Diabetes Association

ATTN: Center for Information

2451 Crystal Drive, Suite 900

Arlington, VA 22202

(800) 342-2383 (National Diabetic Information Line)

Website: www.diabetes.org

E-mail: askada@diabetes.org

XI. DIRECTORY OF RESOURCES

A. CALIFORNIA AGENCIES

NORTHERN CALIFORNIA REGION

ALBANY

Orientation Center for the Blind

400 Adams Street

Albany, CA 94706

(510) 559-1200

Website:

www.dor.ca.gov/Home/OrientationCenterfortheBlind

E-mail: ocbinfo@dor.ca.gov

The Orientation Center for the Blind (OCB) is a rehabilitation center, associated with the California Department of Rehabilitation, which is dedicated to providing independent living skills training for people with severe vision loss. The curriculum taught in this “dorm-type” setting addresses the acquisition of new skills such as: adjustment to new vision disabilities, adaptive skills and immersion in an atmosphere that is respectful of and knowledgeable about the abilities of blind and low vision people.

BERKELEY

Ed Roberts Campus

3075 Adeline, Suite 110

Berkeley, CA 94703

(415) 431-1481

(510) 845-8705 (Fax)
(510) 845-8703 (TTY)
Website: www.lighthouse-sf.org
E-mail: info@lighthouse-sf.org

EUREKA

LightHouse North Coast

Humboldt Senior Resource Center
1910 California Street, Third Floor
Eureka, CA 95501

(707) 268-5646
(707) 268-5647 (Fax)
(707) 268-5655 (TTY)
Website: www.lighthouse-sf.org
E-mail: info@lighthouse-sf.org

FRESNO

Valley Center for the Blind and Visually Impaired

2417 West Shaw Avenue
Fresno, California 93711

(559) 222-4447
(559) 222-4844 (Fax)
Website: www.valleycenterfortheblind.org/
E-mail: info@valleycenterfortheblind.org

MARIN

LightHouse of Marin

851 Irwin Street
San Rafael, CA 94901
(415) 258-8496
(415) 258-8501 (Fax)

Website: www.lighthouse-sf.org

E-mail: info@lighthouse-sf.org

NEVADA AND PLACER COUNTIES

Sierra Services for the Blind

546 Searls Avenue

Nevada City, CA 95959

(530) 265-2121

Website: www.sierraservices.org

CHRISTIAN RECORD SERVICES FOR THE BLIND

5900 South 58th Street, Suite M

Lincoln, NE 68516

(402) 488-0981

(402) 488-7582 (Fax)

Website: <https://christianrecord.org/>

E-mail: info@christianrecord.org

LARGE PRINT: Christian Record Services for the Blind (CRSB) produces and distributes large-print reading materials that inspire, interest, and inform. These include a bimonthly magazine, *Light* (formerly called *Lifeglow*). Large-print Bibles and study guides in English and Spanish are also available, as well as booklets on various topics of interest.

AUDIO BOOKS AND PERIODICALS: Approximately one thousand digitized book titles are circulated by the lending library, with more being added. Many of these books are not available from other sources. Three audio magazines are also produced for blind listeners.

MAGAZINES: Christian Record began in 1899 as a

Braille magazine. It continues to this day, giving it the longest run of any Braille magazine. A second Braille magazine for adults and two children's periodicals supplement the flagship magazine.

PALO ALTO

Vista Center for the Blind and Visually Impaired

2500 El Camino Real, Suite 100

Palo Alto, CA 94306

(650) 858-0202

(650) 858-0214 (Fax)

Website: www.vistacenter.org/

E-mail: info@vistacenter.org

PITTSBURG

Lions Center for the Visually Impaired

175 Alvarado Avenue

Pittsburg, CA 94565

(925) 432-3013

(925) 432-7014 (Fax)

Website: www.seniorvision.org/

SACRAMENTO

Society for the Blind

1238 S Street

Sacramento, CA 95811

(916) 452-8271

(916) 492-2982 (Fax)

Website: www.societyfortheblind.org

E-mail: info@societyfortheblind.org

SAN FRANCISCO

Lighthouse for the Blind and Visually Impaired

1155 Market Street, 10th Floor

San Francisco, CA 94103

(415) 431-1481

(415) 255-5906 (Videophone)

(415) 863-7568 (Fax)

Website: www.lighthouse-sf.org

E-mail: info@lighthouse-sf.org

SAN JOSE

Santa Clara Valley Blind Center, Inc

101 North Bascom Avenue

San Jose, CA 95128

(408) 295-4016

(408) 295-1398 (Fax)

Website: www.visionbeyondsight.org

E-mail: info@visionbeyondsight.org

SAN PABLO

The Hatlen Center For The Blind

2430 Road 20, #B112

San Pablo, CA 94806

(510) 234-4984

(510) 234-4986 (Fax)

Website: www.wayfinderfamily.org/

E-mail: info@wayfinderfamily.org

SAN RAFAEL

Guide Dogs for the Blind

Mailing Address:

P.O. Box 151200
San Rafael, CA 94915

California Campus:

350 Los Ranchitos Road
San Rafael, CA 94903
(415) 499-4000
(415) 499-4035 (Fax)
Website: www.guidedogs.com

SANTA CRUZ

Vista Center for the Blind and Visually Impaired

3315B Mission Drive
Santa Cruz, CA 95065
(831) 458-9766
Website: www.vistacenter.org/index.html
E-mail: information@vistacenter.org

SANTA ROSA

The Earle Baum Center of the Blind

4539 Occidental Road
Santa Rosa, CA 95401
(707) 523-3222
(707) 636-2768 (Fax)
Website: www.earlebaum.org
E-mail: ebc@earlebaum.org

STOCKTON

Community Center for the Blind and Visually Impaired

2453 Grand Canal Blvd., Suite #5
Stockton, CA 95207
(209) 466-3836
(209) 466-5692 (Fax)
Website: www.communitycenterfortheblind.org/
E-mail: info@communitycenterfortheblind.org

SOUTHERN CALIFORNIA REGION

ANAHEIM

Braille Institute of America
527 North Dale Avenue
Anaheim, CA 92801
(714) 821-5000
(714) 527-7621 (Fax)
Website: www.brailleinstitute.org
E-mail: oc@brailleinstitute.org

ALHAMBRA

**Center for Living Independence for the Multi-
Handicapped Blind (CLIMB)**
2300 West Main Street
Alhambra, CA 91801
(626) 289-5321
(626) 289-5378
Website: <https://www.climb-inc.com/>
E-mail: wac@climb-inc.com

LOS ANGELES

Braille Institute of America
741 North Vermont Avenue

Los Angeles, CA 90029
(323) 663-1111
(323) 663-0867 (Fax)
Website: www.brailleinstitute.org
E-mail: la@brailleinstitute.org

Junior Blind of America
5300 Angeles Vista Boulevard
Los Angeles, CA 90043
(323) 295-4555
(800) 352-2290 (Toll Free)
(323) 296-0424 (Fax)
Website: www.juniorblind.org
E-mail: info@juniorblind.org

Blind Children's Center
4120 Marathon Street
Los Angeles, CA 90029
(323) 664-2153
Website: www.blindchildrenscenter.org
E-mail: info@blindchildrenscenter.org

PALM SPRINGS

Guide Dogs of the Desert
60735 Dillon Road
Whitewater, CA 92282
(760) 329-6257
Website: www.guidedogsofthedesert.org

RANCHO MIRAGE

Braille Institute of America
70-251 Ramon Road

Rancho Mirage, CA 92270
(760) 321-1111
(760) 321-9715 (Fax)
Website: www.brailleinstitute.org
E-mail: rm@brailleinstitute.org

RESEDA

Therapeutic Living Centers for the Blind
7915 Lindley Avenue
Reseda, CA 91335
(818) 708-1740
Website: <http://tlc4blind.org>
E-mail: info@tlc4blind.org

RIVERSIDE

Blindness Support Services, Inc.
3696 Beatty Drive
Riverside, CA 92506
(951) 341-9244
(951) 341-6335 (Fax)
Website: www.blindnesssupport.com
E-mail: info@blindnesssupport.com

SAN BERNARDINO

Inland Empire Lighthouse for the Blind
359 East Parkcenter Circle South
San Bernardino, CA 92408
(909) 884-3121
(909) 884-2964 (Fax)
Website: <http://ielighthousefortheblind.org/>
E-mail: info@ielighthousefortheblind.org

SAN DIEGO

Braille Institute of America

4555 Executive Drive
San Diego, CA 92121
(858) 452-1111
(858) 452-1688 (Fax)
Website: www.brailleinstitute.org
E-mail: sd@brailleinstitute.org

San Diego Center for the Blind and Vision Impaired San Diego Location

5922 El Cajon Boulevard
San Diego, CA 92115
(619) 583-1542
(619) 583-2335 (Fax)
Website: www.sdcb.org
E-mail: info@sdcb.org

SANTA ANA

Blind Children's Learning Center

18542-B Vanderlip Avenue
Santa Ana, CA 92705
(714) 573-8888
(714) 573-4944 (Fax)
Website: www.blindkids.org
E-mail: info@blindkids.org

SANTA BARBARA

Braille Institute of America

2031 De La Vina Street
Santa Barbara, CA 93105

(805) 682-6222
(805) 687-6141 (Fax)
Website: www.brailleinstitute.org
E-mail: sb@brailleinstitute.org

SYLMAR

Guide Dogs of America
13445 Glenoaks Boulevard
Sylmar, CA 91342
(818) 362-5834
(818) 459-4843
(818) 362-6870 (Fax)
Website: www.guidedogsofamerica.org
E-mail: mail@guidedogsofamerica.org

VISTA

San Diego Center for the Blind and Vision Impaired
Vista Location
1385 Bonair Road
Vista, CA 92084
(760) 758-5956
(760) 758-0380 (Fax)
Website: www.sdcb.org
E-mail: info@sdcb.org

B. LOW VISION SERVICES IN CALIFORNIA

Low vision clinics provide specialized eye examinations and optical aids for people with severe visual limitations that cannot be helped by the usual corrective lenses. Light-enhancers, special glasses, magnifiers, closed circuit television, telescopes or other devices may be prescribed at these facilities.

The purpose of these low vision optical aids is to allow persons with severely limited vision the ability to use their remaining vision more efficiently. This enables them to expand and retain their independence while performing daily living activities.

After an optical aid has been prescribed, a vision care professional will give careful instruction on how to use it. Sometimes more than one optical aid will be prescribed for an individual. Before an optical aid is purchased, it will often be available to take home and use on a trial basis.

The eye examination and the low vision optical aids may be paid for by Medicare and/or the California Department of Rehabilitation. Sometimes a non-profit or other service organization will help with these costs if there is no other funding source. Some clinics or doctor's offices will handle the paper work and fill out the forms required by these funding sources for your convenience.

NORTHERN CALIFORNIA REGION

BERKELEY

Meredith W. Morgan University Eye Center

University of California at Berkeley School of Optometry

200 Minor Hall

Berkeley, CA 94720

(510) 642-2020

Website: <http://cal-eye-care.org/>

E-mail: caleyecare@berkeley.edu

Tang Center

2222 Bancroft Way

Berkeley, CA 94720

(510) 642-2000

Website: <https://uhs.berkeley.edu/home>

E-mail: teltang@berkeley.edu

CHICO

Douglas R. Myers, O.D., Inc.

119 Yellowstone Drive

Chico, CA 95973

(530) 891-1146

Website: www.drmyersod.com/

CITRUS HEIGHTS

Palmer N. Lee, O.D.

5959 Greenback Lane, Suite 130

Citrus Heights, CA 95621

(916) 726-1818

(916) 726-1822 (Fax)

Website: www.eyecenteroptometric.com/our-eye-doctors/

EUREKA

Zuzana Gellner, O.D.

Eureka Optometric Center
2369 Harrison Avenue
Eureka, CA 95501
(707) 442-1472

Andrew Cochran, M.D., Gregory N. Gibb, M.D., John S. Mastroni, M.D.

North Coast Ophthalmology
2840 Oneil Lane
Eureka, CA 95503
(707) 443-9777
(707) 445-1003 (Fax)

Lighthouse of the North Coast

Humboldt Senior Resource Center
1910 California Street, Third Floor
Eureka, CA 95501
(707) 268-5646
(707) 268-5655 (TTY)
(707) 268-5647 (Fax)
Website: www.lighthouse-sf.org

FARMERSVILLE

Dennis Wallace, O.D.

662 East Visalia Road Farmersville, CA 93223
(559) 747-3461
(559) 594-4059 (Fax)

FORTUNA

Alan E. French, O.D.

Fortuna Optometry
630 9th Street
Fortuna, CA 95540
(707) 725-5144
(707) 725-3511 (Fax)

Brian Calvert, O.D.

777 Ninth Street
Fortuna, CA 95540
(707) 725-5255
(707)725-8833 (Fax)
Website: doctorcalvert.com

FRESNO

Eye Q Vision Care

7075 North Sharon Avenue
Fresno, CA 93720
(559) 486-2000
(559) 256-8595 (Fax)
Website: <https://eyeqvc.com/>

California Eye Institute Low Vision

Department St. Agnes Hospital
1360 East Herndon Avenue
Fresno, CA 93720
(559) 449-5000
Website: www.caleyeinstitute.com/
E-mail: Admin@caleyeinstitute.com

GRASS VALLEY

Kevin Woodburn, O.D.

Sierra Medical Eye Group
400 Sierra College Drive, Suite A
Grass Valley, CA 95945
(530) 272-3411
Website: <http://svme2020.com/>

MILL VALLEY

Eliot Kaplan, O.D.

Mill Valley Optometry
61 Camino Alto, Suite 100A
Mill Valley, CA 94941
(415) 381-2020
Website: www.millvalleyoptometry.com
E-mail: millvalleyopt@gmail.com

PALO ALTO

Vista Center for the Blind and Visually Impaired

2500 El Camino Real, Suite 100
Palo Alto, CA 94306
(650) 858-0202
(800) 660-2009 (Toll-Free)
(650) 858-0214 (Fax)
Website: www.vistacenter.org
E-mail: info@vistacenter.org

Western Blind Rehabilitation Center

U.S. Department of Veterans Affairs
VA Palo Alto Health Care System

3801 Miranda Avenue
Palo Alto, CA 94304
(650) 493-5000
(800) 455-0057
Website: www.paloalto.va.gov/

PARADISE

Eye Life Institute - Paradise

5889 Clark Road
Paradise, CA 95969
(530) 877-2020
Website: <http://eyelife.net>
E-mail: danaeyelife@gmail.com

REDDING

Julie Gussenhoven, O.D.

3416 Bechelli Lane
Redding, CA 96002
(530) 222-7290
(530) 605-1152 (Fax)
Website: www.drgussenhoven.com
E-mail: office@drgussenhoven.com

SACRAMENTO

Don P. Fong, O.D.

3956 J Street, Suite 4
Sacramento, CA 95819
(916) 739-6260
Website: www.rehabeyedoc.com

Sacramento Society for the Blind

Low Vision Clinic
1238 S Street
Sacramento, CA 95818
(916) 452-8271
(916) 492-2483 (Fax)
Website: www.societyfortheblind.org
E-mail: info@societyfortheblind.org

Ronald J. Cole, M.D.
Medical Vision Technology Ophthalmology Group, Inc.
1700 Alhambra Boulevard, Suite 202
Sacramento, CA 95816
(916) 731-8040
(916) 454-4152 (Fax)
Website: www.medvistech.com

SAN FRANCISCO

Lighthouse for the Blind and Visually Impaired
1155 Market Street, 10th Floor
San Francisco, CA 94103
(415) 431-1481
(415) 255-5906 (Videophone)
(415) 863-7568 (Fax)
Website: www.lighthouse-sf.org
E-mail: info@lighthouse-sf.org

SAN JOSE

Almaden Family Optometric Center
6531 Crown Boulevard, Suite 4
San Jose, CA 95120
(408) 997-2020

(408) 904-7655 (Fax)
Website: www.almadeneyecare.net
E-mail: afocdoctors@gmail.com

Vista Center for the Blind and Visually Impaired

101 North Bascom Avenue
San Jose, CA 95128
(408) 295-4016
(408) 295-1398 (Fax)
Website: www.vistacenter.org/index.html
E-mail: info@visionbeyondsight.org

SANTA ROSA

Michele M. Hayes, O.D.

Uptown Optometry
85 Brookwood Avenue, Suite 12
Santa Rosa, CA 95404
(707) 546-3836
(707) 546-3879 (Fax)
Website: www.uptownoptometry.com

SELMA

Eye-Q Vision Care

2719 Cinema Way
Selma, CA 93662
(559) 896-9000
(559) 819-2355 (Fax)
Website: <https://eyeqvc.com/>

UKIAH

Marilyn K. Gilbreath, O.D.

102 Scott Street
Ukiah, CA 95482
(707) 462-7040
(707) 462-7089 (Fax)
E-mail: gilpark@pacific.net

VISALIA

Visalia Eye Center
112 North Akers Street
Visalia, CA 93291
(559) 733-4372
Website: www.visaliaeye.com

SOUTHERN CALIFORNIA REGION

ATASCADERO

Primary Eyecare Center
7605 Morro Road
Atascadero, CA 93422
(805) 466-3777
Website: www.sloeye.com

BAKERSFIELD

Thurman Edward Wood, O.D.
Family Eye Care Associates
4819 Calloway Drive, Suite 101
Bakersfield, CA 93312
(661) 325-7739
(661) 325-2731 (Fax)
Website: <https://www.drwood.info/>

BEVERLY HILLS

Retina-Vitreous Associates Medical Group

9001 Wilshire Boulevard, Suite 301

Beverly Hills, CA 90211

(310) 854-6201

(310) 652-7520 (Fax)

Website: www.laretina.com

BRAWLEY

Donald Barniske, O.D.

Vision Care Center

260 Main Street

Brawley, CA 92227

(760) 351-2020

(760) 344-4552 (Fax)

Website: www.visioncarecenterbrawley.com

E-mail: visioncarecenterbrawley@yahoo.com

BURBANK

Burbank Family Optometry

1112 West Burbank Boulevard, #204

Burbank, CA 91506

(818) 846-9075

(818) 512-0486 (For Eye Emergencies)

(818) 846-9010 (Fax)

Website: www.burbankfamilyoptometry.net

CHULA VISTA

Robert Evans, O.D. & Marilyn Carter, O.D.

330 Oxford Street, Suite 206

Chula Vista, CA 91911
(619) 422-5361
(619) 422-7021 (Fax)
Website: <http://drevansandcarter.com/>

CORONA

Richard J. Shuldiner, O.D., F.A.A.O.
Low Vision Optometry of Southern California
P.O. Box 77966
Corona, CA 92881
(888) 610-2020
(951) 898-2021 (Fax)
Website: www.LowVisionCare.com
E-mail: Doctor@LowVisionCare.com

COSTA MESA

Carl Garbus, O.D.
Neurolens
3184 Airway Avenue, Suite C
Costa Mesa, CA 92626
Phone: (949) 339-5157
Fax: (661) 775-9627
Website: www.neurolenses.com/

Michael Bourgoïn, O.D.
1835 Newport Boulevard, Suite A-111
Costa Mesa, CA 92627
(949) 646-4949
(949) 646-2533 (Fax)
E-mail: ceoptometry@sbcglobal.net

EL CAJON

Robert Evans, O.D. & Marilyn Carter, O.D.

510 South Magnolia Avenue

El Cajon, CA 92020

(619) 444-9012

(619) 444-0232 (Fax)

Website: <http://drevansandcarter.com/>

ENCINO

Encino Optometric Center

16550 Ventura Boulevard, Suite 312

Encino, CA 91436

(818) 986-8860

(818) 986-7324 (Fax)

Website: www.encino-optometric.com

FULLERTON

Low Vision Service Eye Care Center

Southern California College of Optometry

2575 Yorba Linda Boulevard

Fullerton, CA 92831

(714) 449-7446

Website: www.ketchum.edu/optometry

E-mail: ODadmissions@ketchum.edu

HOLLYWOOD

Xavier P. Ordonez, O.D., F.A.A.O.

Hollywood Optometry

6464 Sunset Boulevard, Suite 110

Hollywood, CA 90028

(323) 469-3131

(323) 463-5646 (Fax)

Website: www.hollywoodoptometry.com

E-mail: hollywoodoptometry@gmail.com

HUNTINGTON BEACH

Douglas R. Williams, O.D.

6042 Warner Avenue

Huntington Beach, CA 92647

(714) 847-6059

(714) 847-6050 (Fax)

Website: www.drwilliamsod.com

E-mail: drwilliams.od@gmail.com

Irvine

UC Irvine Gavin Herbert Eye Institute

University of California, Irvine

850 Health Sciences Road

Irvine, CA 92697

(949) 824-2020

Website: <http://www.ucihealth.org/locations/irvine/gavin-herbert-eye-institute> LA JOLLA

Mericos Eye Institute

Scripps Partial Vision Center

9888 Genesee Avenue

La Jolla, CA 92037

(858) 626-4123

Website: <https://scrippsamg.com/senior-resources/equipment/scripps-mericos-eye-institute/>

Shiley Eye Center

University of California – Department of Ophthalmology
9415 Campus Point Drive
La Jolla, CA 92093
(858) 534-6290
Website: shileyeye.ucsd.edu

LA MESA

Thomas M. Hixon, O.D.

La Mesa Vision Care
8007 La Mesa Boulevard
La Mesa, CA 91941
(619) 466-5665
(619) 466-5688 (Fax)
Website: www.lowvision.org/la_mesa_vision_care.htm

LOMA LINDA

Loma Linda University Health

Eye Institute
11370 Anderson Street
Loma Linda, CA 92354
(909) 558-2154
Website: <https://lluh.org/services/eye-institute?rsource=llueyes.com/>

LONG BEACH

St. Mary Medical Center - Low Vision Center

1055 Linden Avenue, 2nd floor
Long Beach, CA 90813
(562) 491-9275

(562)491-9934

Website: www.dignityhealth.org/socal/locations/stmarymedical/about-us/community-benefits/low-vision-center

Buffum Eye Center

Buffum Medical Pavilion

450 East Spring Street, Suite 6

Long Beach, CA 90806

(562) 933-0123

(562) 933-0129 (Fax)

Website: www.memorialcare.org/locations/locations_detail.cfm?me_dlocID=239

LOS ANGELES

Elise Brisco, O.D.

Hollywood Vision Center

955 S. Carrillo Drive, Suite 105

Los Angeles, CA 90048

(323) 954-5800

(323) 521-4770 (For appointments)

(855) 897-2998 (Fax)

Website: www.hollywoodvision.com

E-mail: admin@hollywoodvision.com

Michael Kahwaji, O.D.

2771 Rowena Avenue

Los Angeles, CA 90039

(323) 664-1996

(323) 664-0596 (Fax)

Website: <http://kahwaji4eyes.net/>

E-mail: Kahwaji@pacbell.net

UCLA Stein Eye Institute

100 Stein Plaza UCLA
Los Angeles, CA 90095
(310) 825-5000
(310) 825-9246 (Fax)

Website: www.uclahealth.org/Eye/default.cfm?id=1

Ketchum Health Los Angeles

3916 South Broadway
Los Angeles, CA 90037
(323) 234-9137

Website: www.ketchumhealth.org/los-angeles

Naime- Espinosa Vision Center

4545 East 3rd Street
Los Angeles, CA 90022
(323) 261-3098
(323) 261-4259 (Fax)

Website: www.visionsource-drnaime.com/

E-mail: drnaime@gmail.com

Retina-Vitreous Associates Medical Group

1245 Wilshire Boulevard, Suite
1620 Los Angeles, CA 90017
(213) 483-8810
(213) 481-1503 (Fax)

Website: www.laretina.com

Doheny Eye Institute

UCLA Stein Eye Institute
1450 San Pablo Street
Los Angeles, CA 90033

(323) 442-6335

Website: www.doheny.org

E-mail: info@doheny.org

NORTH HOLLYWOOD

Retina-Vitreous Associates Medical Group

12840 Riverside Drive, Suite 333

North Hollywood, CA 91607

(818) 754-2090

(818) 508-9420 (Fax)

Website: www.laretina.com

ORANGE

University of California at Irvine (UCI) Eye Care Services

101 City Drive South, Pavilion 2, Bldg. 30 A

Orange, CA 92868

(714) 456-7183

(714) 456-8601 (Fax)

Website: www.ucihealth.org/medical-services/eye-care

Doheny Eye Center

UCLA Stein Eye Institute

18111 Brookhurst Street, Suite 6400

Fountain Mountain, CA 92708

(714) 963-1444

(714) 963-1234 (Fax)

Website: <https://doheny.org/>

OXNARD

A Street Optometric Center, APC

363 South A Street
Oxnard, CA 93030
(805) 483-6619
(805) 487-5359 (Fax)
Website: www.astreetoptometric.com

PALMDALE

Antelope Valley Family Optometry
2720 East Palmdale Boulevard, Suite 133
Palmdale, CA 93550
(661) 267-0026
(661) 267-0892 (Fax)
Website: www.avfamilyoptometry.com/
E-mail: paulclin@yahoo.com

PASADENA

Center for Vision Development Optometry, Inc.
2700 E Foothill Blvd #207
Pasadena, CA 91107
(626) 578-9685
(626) 578-9737 (Fax)
Website: www.tongvision.com/
E-mail: drkhchao@yahoo.com

RANCHO SANTA FE

Rancho Santa Fe Optometry
6037 La Granada Street, Suite A
Rancho Santa Fe, CA 92067
(858) 756-3210
(858) 756-3910 (Fax)

Website: www.rsfoptometry.com/
E-mail: info@rsfvision.com

REDONDO BEACH

Visionary Optometry Inc.

915 South Catalina
Redondo Beach, CA 90277
(310) 372-5213
Website: www.visionaryoptometryinc.com/

RIVERSIDE

Riverside Optometry

Eye Focus on You
4515 Central Avenue, Suite 101
Riverside, CA 92506
(951) 784-2420
(951) 784-4713
Website: <http://riversideoptometry.vision/>

SAN JOSE

Advance Vision Center of Optometry, P.C.

545 Meridian Avenue, Suite G
San Jose, CA 95126
(408) 947-2020
(408) 947-2077 (Fax)
Website: www.advancevisioncenter.com

SAN LUIS OBISPO

Primary Eye Care Center

628 California Blvd., Suite D

San Luis Obispo, CA 93401
(805) 543-1447
Website: www.sloeye.com

Envision Optometry

1245 Broad Street
San Luis Obispo, CA 93401
(805) 542-0700
(805) 784-9309 (Fax)
Website: www.envisionoptometry.net
E-mail: myenvision.staff@gmail.com

SAN MARCOS

Richard Skay, O.D.

1903 W. San Marcos Boulevard, Suite 130
San Marcos, CA 92078
(760) 727-2211
(760) 727-2533 (Fax)
Website: www.richardmskayod.com

SANTA BARBARA

Joanne Gronquist, O.D., Tem Gronquist, O.D.

1805 State Street, Suite B
Santa Barbara, CA 93101
(805) 569-1504
(805) 569-8707 (Fax)
Website: <https://visionsource-drgronquist.com/>
E-mail: info@sboptomtrist.com

SANTA CRUZ

Vista Center for the Blind and Visually Impaired

3315B Mission Drive
Santa Cruz, CA 95065
(831) 458-9766
(831) 426-6233 (Fax)
Website: www.vistacenter.org/index.html
E-mail: information@vistacenter.org

SANTA MONICA

Lynn W. Kurata, O.D.
1234 7th Street, Suite 2
Santa Monica, CA 90401
(310) 395-5778
(310) 458-9754 (Fax)
Website: www.seewhatyoumiss.com/
E-mail: info@seewhatyoumiss.com

SIMI VALLEY

Diamond Eye Optometry
2845 Cochran Street, Suite D
Simi Valley, CA 93065
(805) 527-6824
Website: www.diamondoptometriccenter.com/
E-mail: info@diamondayeoptometry.com

SOUTH PASADENA

**Shelly R. Holcomb-Lowe, O.D., Cindy Wang, O.D.,
Amy Lee Kim, O.D.**
South Pasadena Optometric Group, Inc.
729 Mission Street, Suite 200
South Pasadena, CA 91030

(626) 441-5300

(626) 465-3390 (Text)

(626) 441-2880 (Fax)

Website: www.southpasadenaeyes.com

SUN CITY

John S. Hersh, O.D., F.A.A.O.

Low Vision Service - Sun City Vision Clinic

27830 Bradley Road

Sun City, CA 92586

(951) 672-4971

(951) 672-4083 (Fax)

SYLMAR

Craig Hoeft, O.D.

12661 Glenoaks Boulevard

Sylmar, CA 91342

(818) 367-2171

(818) 364-7197 (Fax)

Website: www.visionsource-drchoeftsylvmar.com

E-mail: drcsylvmar@hotmail.com

TARZANA

Retina-Vitreous Associates Medical Group

5525 Etiwanda Ave., Ste 112

Tarzana, CA 91356

(818) 578-7408

(818) 578-7409 (Fax)

Website: <https://laretina.com/>

TORRANCE

Retina-Vitreous Associates Medical Group

3400 Lomita Boulevard, Suite 202

Torrance, CA 90505

(310) 891-1000

(310) 891-1003 (Fax)

Website: www.laretina.com

C. COUNTY SOCIAL SERVICES OFFICES

The County Social Services offices in California serve as a delivery channel for many direct state services. An individual who is blind or low vision may contact the county in which he/she resides to determine eligibility for services. Some of these services, which are coordinated at the County Social Service offices, are Medi-Cal benefits and In-Home Supportive Services (IHHS). A listing of these County Social Services offices is below.

ALAMEDA COUNTY

Social Services Agency

(510) 263-2420

(888) 999-4772

Website: www.alamedasocialservices.org/public

ALPINE COUNTY

Department of Social Services

(530) 694-2235

Website:

<http://ca-alpinecounty.civicplus.com/index.aspx?NID=203>

AMADOR COUNTY

Department of Social Services

(209) 223-6550

(844) 835-3685

Website: www.amadorgov.org/services/social-services

BUTTE COUNTY

Department of Employment and Social Services

(530) 538-7572

Website: <http://www.buttecounty.net/dess/>

CALAVERAS COUNTY

Calaveras Works and Human Services

(209) 754-6448

Website: <http://calaverasgov.us/>

COLUSA COUNTY

Department of Health and Human Services

(530) 458-0250

Website: www.countyofcolusa.org/index.aspx?nid=26

CONTRA COSTA COUNTY

Employment and Human Service Department

(925) 608-4800

(877) 505-4630

Website: <https://ehsd.org/>

DEL NORTE COUNTY

Department of Health and Human Services

(707) 464-3191

Website: www.co.del-norte.ca.us/departments/health-human-services

EL DORADO COUNTY

Department of Health and Human Services

(530) 621-5567

Website: <https://edcgov.us/government/HHSA>

FRESNO COUNTY

Department of Social Services

(559) 600-5956 (General Information)

(800) 742-1011

Website: www.co.fresno.ca.us/departments/social-services

GLENN COUNTY

Health & Human Services

(530) 934-6514

(800) 339-9236

Website: www.countyofglenn.net/dept/health-human-services/welcome

HUMBOLDT COUNTY

Department of Social Services

(707) 268-3447

Website: <https://humboldt.gov.org/332/Social-Services>

IMPERIAL COUNTY

Department of Social Services

(760) 337-6800

Website: <https://www.imperialcountysocialservices.org/>

INYO COUNTY

Department of Health and Human Services

(760) 878-0242

Website: www.inyocounty.us/county_directory.htm

KERN COUNTY

Department of Human Services

(661) 631-6000

Website: www.co.kern.ca.us/dhs

KINGS COUNTY

Human Services Agency

(559) 582-3241

Website: www.countyofkings.com/departments/human-services-agency

LAKE COUNTY

Department of Social Services

(707) 995-4200

Website: www.co.lake.ca.us/page0831.aspx

LASSEN COUNTY

Lassen WORKS

(530) 251-8152

Website: www.lassencounty.org/dept/community-social-services/community-social-services

COUNTY OF LOS ANGELES

Department of Public Social Services

(626) 569-1399

(310) 258-7400

(818) 701-8200

(866) 613-3777 (Toll Free)

Website: <http://dpss.lacounty.gov/wps/portal/dpss>

Belvedere District Office

(866) 613-3777

(626) 569-1399

Civic Center District Office

(213) 974-0201

Compton District Office

(310) 603-8401

Cudahy District Office

(323) 560-5001

East Valley District Office

(818) 901-4101

El Monte District Office

(626) 569-3677

Florence District Office

(323) 586-7001

Glendale District Office

Glendale Grow Office

(818) 546-6100

Hawthorne Medi-Cal Regional District Office

(310) 349-5820

Lancaster District Office

(661) 723-4021

Lincoln Heights District Office

(323) 342-8142

Metro East District Office

(323) 260-3501

Metro Family District Office

(866) 613-3777

Metro North District Office

(213) 639-5455

Metro Special District Office

Metro Special Grow Office

(866) 613-3777

Norwalk District Office

(562) 807-7820

Paramount District Office

(310) 603-5000

Paradise District Office

(866) 613-3777

Pomona District Office

(909) 397-7901

Rancho Park District Office

Rancho Park Grow Office

(310) 481-3115

San Fernando Sub Office

(866) 613-3777

San Gabriel Valley District Office

(626)569-3611

Santa Clarita District Office

(661) 298-3387

South Central District Office

(323) 563-4156

South Family District Office

(866) 613-3777

Southwest Special District Office

(310) 761-2030

Southwest Family

(323) 549-5674

Southwest Special Grow Office

(323) 420-2833

West Valley District Office

(818) 718-5000

Wilshire Special District Office

(213) 738-4311

MADERA COUNTY

Department of Social Services

(559) 675-7841

Website: www.maderacounty.com/government/social-services

MARIN COUNTY

Department of Health and Human Services

(415) 473-3696

Website: www.marinhhs.org/

MARIPOSA COUNTY

Department of Health and Human Services

(209) 966-2000

Website: www.mariposacounty.org/1829/Health-and-Human-Services

MENDOCINO COUNTY

Health and Human Services Agency

(707) 472-2333

Website: www.mcdss.org

MERCED COUNTY

Human Services Agency

(209) 385-3000

(855) 421-6770 (Toll-Free)

Website: www.co.merced.ca.us/index.aspx?nid=74

MODOC COUNTY

Department of Social Services

(530) 233-6501

Website: www.co.modoc.ca.us/departments/social-services

MONO COUNTY

Department of Social Services

(530) 495-1262 Walker

(760) 924-1770 Mammoth Lakes

(760) 932-5600 Bridgeport

Website: www.monocounty.ca.gov/social-services

MONTEREY COUNTY

Department of Social Services

(831) 755-4447

Website: <http://mcdss.co.monterey.ca.us/>

NAPA COUNTY

Health and Human Services Agency

(707) 253-4279

Website: www.countyofnapa.org/156/HHSA

NEVADA COUNTY

Health and Human Services Agency

(530) 265-1627

Website: www.mynevadacounty.com/416/Health-Human-Services-Agency

ORANGE COUNTY

Social Services Agency

(855) 886-5400

Website: <http://ssa.ocgov.com/>

PLACER COUNTY

Health and Human Services

(530) 886-1870

Website: www.placer.ca.gov/1679/Health-Human-Services

PLUMAS COUNTY

Department of Social Services

(530) 283-6350

(800) 242-3338 (Toll-Free)

Website: www.countyofplumas.com/index.aspx?nid=94

RIVERSIDE COUNTY

Department of Public Social Services

(951) 358-3400

Website: <http://dpss.co.riverside.ca.us/>

SACRAMENTO COUNTY

Department of Human Assistance

(916) 874-3100

Website: www.dha.saccounty.net/Pages/default.aspx

SAN BENITO COUNTY

Health and human Services Agency

(831) 636-4190

Website: <http://hhsa.cosb.us/>

SAN BERNARDINO COUNTY

Department of Human Services

(909) 387-4717

Website: <http://wp.sbcounty.gov/hs/>

SAN DIEGO COUNTY

Health and Human Services Agency

(858) 694-3900

Website: www.sdcounty.ca.gov/hhsa/

CITY AND COUNTY OF SAN FRANCISCO

Human Services Agency

(415) 557-5000

Website: <https://www.sfhsa.org/>

SAN JOAQUIN COUNTY

Human Services Agency

(209) 468-1000

Website: www.sjgov.org/hsa

SAN LUIS OBISPO COUNTY

Department of Social Services

(805) 781-5000

(800) 834-4636 (Toll-Free)

Website: www.slocounty.ca.gov/dss.htm

SAN MATEO COUNTY

Human Services Agency

(650) 301-8440

Website: <https://hsa.smcgov.org/>

SANTA BARBARA COUNTY

Department of Social Services

(805) 346-7135 or (805) 614-1300 Santa Maria

(805) 681-4401 Santa Barbara

(805) 737-7080 Lompoc

Website: http://cosb.countyofsb.org/social_services/

SANTA CLARA COUNTY

Department of Social Services

(408) 755-7100

Website: www.sccgov.org/portal/site/ssa/

SANTA CRUZ COUNTY

Human Services Department

(831) 454-4109

Website: www.santacruzhumanservices.org/

SHASTA COUNTY

Human and Human Services Agency

(530) 229-8400

Website: www.co.shasta.ca.us/index/hhsa_index.aspx

SIERRA COUNTY

Social Services

(530) 993-6720

Website: www.sierracounty.ca.gov/305/Social-Services

SISKIYOU COUNTY

Health and Human Services Agency

(530) 841-2700

Website: www.co.siskiyou.ca.us/health-humanservices

SOLANO COUNTY

Health and Social Services

Phone Contact List:

www.solanocounty.com/depts/hss/contact.asp

Website:

<http://www.co.solano.ca.us/depts/hss/default.asp>

SONOMA COUNTY

Human Services Department

(707) 565-5800

Website: www.sonoma-county.org/human/index.htm

STANISLAUS COUNTY

Community Services Agency

(209) 558-2500

Website: www.stanworks.com/

SUTTER COUNTY

Health and Human Services

(530) 822-7327

Website:

www.co.sutter.ca.us/doc/government/depts/hs/hshome

TEHAMA COUNTY

Department of Social Services

(530) 527-1911

Website: www.tcdss.org/

TRINITY COUNTY

Department of Health and Human Services

(530) 623-1265

Website: www.trinitycounty.org/HHS

TULARE COUNTY

Health & Human Services Agency

(559) 624-8000

Website: <https://tchhsa.org/eng/>

TUOLUMNE COUNTY

Department of Social Services

(209) 533-6600

Website: www.tuolumnecounty.ca.gov/277/Social-Services

VENTURA COUNTY

Human Services Agency

(805) 654-5000

Website: www.ventura.org/human-services-agency/

YOLO COUNTY

Health and Human Services Agency

(530) 666-8055

Website: www.yolocounty.org/health-human-services

YUBA COUNTY

Health and Human Services Department

(530) 749-6311

Website: www.co.yuba.ca.us/Departments/HHSD/

D. CALIFORNIA DEPARTMENT OF REHABILITATION

The Department of Rehabilitation (DOR) assists Californians who are blind or low vision with obtaining and retaining employment and maximizing their ability to live independently in their communities. The DOR also provides Americans with Disabilities Act (ADA) technical assistance, training and funds 29 Independent Living Centers, which offer information and referral services to assist individuals with disabilities so they may live active, independent lives.

The DOR has a program called Blind Field Services which was formed in 2003. This program has dedicated DOR staff and resources focused on providing specialized services to person who are blind or low vision. The services include assessment and counseling, adjustment to vision loss services, training and education, assistive technology training and job retention services.

Although each DOR office assists all consumers with disabilities, some of the offices have counselors for the blind. When locating your local DOR office at the [website](#), “Blind Field Services staff on site” may appear. That means there is a Rehabilitation Counselor for the Blind (RCB) in that office. If that does not appear, please contact Blind Field Services and ask for the closest office with a RCB. For persons that have a hearing loss, in addition to a visual loss, there are teletypewriter phones (TTYs) at some of these offices.

The contact information specific to blind services at the DOR is listed below.

(916) 558-5480

(844) 729-2800 (TTY)

Website: www.dor.ca.gov/Home/BlindFieldServices

E-mail: blindinfo@dor.ca.gov

E. LARGE PRINT BOOKS

Large print books are usually set in 14 point type or larger. This point type is more than twice the size of standard newsprint which is generally in 10 point type.

This is a sample of 14 point type.

This is a sample of 16 point type.

This is a sample of 18 point type.

This is a sample of 18 point bold type.

The public library is the best source for Large Print books. "The Complete Directory of Large Print Books and Serials TM" is published annually by R.R. Bowker and lists many titles available in Large Print. This [publication](#) should be available in the library's reference section. Most libraries will arrange interlibrary loans of books they do not own.

Large Print cookbooks, bibles, and reference books are books that readers often want to own rather than borrow. Large Print books are available in stores and directly from various publishers. Contact information for publishers of Large Print books is listed below.

AMERICAN PRINTING HOUSE FOR THE BLIND, INC.
1839 Frankfort Avenue
Louisville, KY 40206

(800) 223-1839 (Toll-Free for U.S. and Canada)

(502) 895-2405

(800) 223-1839 (Toll-Free)

(502) 899-2284 (Fax)

Website: www.aph.org

E-mail: info@aph.org

The American Printing House (APH) for the Blind, Inc. is the world's largest company devoted solely to researching, developing and manufacturing products for people who are blind or low vision. The APH manufactures textbooks and magazines in Braille, Large Print, recorded, and computer disc formats.

CLEARINGHOUSE FOR SPECIALIZED MEDIA AND TRANSLATIONS

3740 Seaport Blvd., #20

West Sacramento, CA 95691

(916) 319-0881

Website: www.cde.ca.gov/re/pn/sm/

E-mail: csmt@cde.ca.gov

Educational material adopted by the State Board of Education is produced in a variety of formats such as: Braille, Large Print, audio recordings and Digital Talking Books. This organization will also provide Large Print material for the general public.

DOUBLEDAY LARGE PRINT

(716) 250-5700

Website: www.doubledaylargeprint.com

E-mail: customer.service@DoubledayLargePrint.com

Doubleday Large Print® features a wide range of bestselling fiction and nonfiction from popular authors. This is a “book club” format, so a minimum number of purchases are required.

TRANSACTION PUBLISHERS LARGE PRINT

Routledge Taylor & Francis Group

Print orders: (800) 634-7064 (Toll-Free)

Electronic orders: (800) 354-1420 (Toll-Free)

Website: www.transactionpub.com

E-mail: orders@taylorandfrancis.com

This company produces classic and contemporary literature, self-help and reference books.

LIBRARY REPRODUCTION SERVICE

19146 Van Ness Avenue

Torrance, CA 90501

(800) 255-5002 (Toll-Free)

(310) 354-2601 (Fax)

Website: www.largeprintsschoolbooks.com/

E-mail: LargePrintSB@aol.com

Library Reproduction Service (LRS) produces Large Print reproductions of primarily educational reading material in 14 to 30 point type on a fee-per-page basis.

READER'S DIGEST LARGE PRINT

Website: www.rd.com/

E-mail: customer care@rd.com

Selections from Reader's Digest publications in 16 point type. Annual subscription is 12 volumes. Contact phone numbers or website listed above for subscription prices.

UIVERSCROFT LARGE PRINT (USA) INC.

950A Union Road, Suite 427

P.O. Box 1230

West Seneca, NY 14224

(800) 955-9659 (Toll-Free)

(716) 674-4270

(716) 674-4195 (Fax)

Website: www.ulverscroft.com/

E-mail: sales@ulverscroftusa.com

Classic, contemporary fiction and non-fiction available in 16 point print.

F. AUDIO BOOKS AND PERIODICALS

Lighthouse for the Blind and Visually Impaired

1155 Market Street, 10th Floor

San Francisco, CA 94103

(415) 431-1481

(415) 255-5906 (VP)

(415) 863-7568 (Fax)

Website: <http://lighthouse-sf.org/>

E-mail: info@lighthouse-sf.org

ASSOCIATED SERVICES FOR THE BLIND

919 Walnut Street

Philadelphia, PA 19107

(215) 627-0600

(215) 922-0692 (Fax)

Website: www.asb.org

The Recording Department narrates more than two dozen popular magazines which are then made available on cassette. Associated Services for the Blind (ASB) also provides custom recordings for individuals, organizations, and corporations.

AURORA MINISTRIES

Audio Bibles for the Blind

12108 10th Avenue East

Bradenton, FL 34212

(941) 748-3031

(941) 748-6137 (Fax)

Website: www.auroraministries.org

E-mail: Bibles@auroraministries.org

Aurora Ministries provides the Bible on cassette tape free of charge in 52 languages. The Audio Bibles are available in English in both cassette tape and CD/MP3 formats. ***Verification of blindness or low vision required.***

BOOKS ALOUD, INC

Dr. Martin Luther King, Jr. Library (Lower Level)

150 East San Fernando Street

San Jose, CA 95112

(408) 808-2616

(408) 808-2625 (Fax)

Website: <http://booksaloud.org/>

E-mail: info@booksaloud.org

Mailing Address:

P.O. Box 5731

San Jose, CA 95150

Books Aloud lends recorded books on all subjects free of charge. ***Verification of blindness or low vision required.***

BOOKS ON TAPE

Penguin Random House, LLC

Attn: Library and School Services

400 Hahn Road

Westminster, MD 21157

(800) 733-3000

(800) 940-7046 (Fax)

Website: www.booksontape.com

E-Mail: csbot@penguinrandomhouse.com

Books on Tape rents and sells audio books.

CHOICE MAGAZINE LISTENING

85 Channel Drive Port

Washington, NY 11050

(888)724-6423 (Toll-Free)

(516) 883-8280

(516) 944-6849 (Fax)

Website: www.choicemagazinelisting.org

Choice Magazine Listening offers free bimonthly selections from many different print magazines, recorded on 4-track cassette tapes playable on the special Library of Congress playback machines; tapes need not be returned.

CLEARINGHOUSE FOR SPECIALIZED MEDIA AND TRANSLATIONS

1430 N Street

Sacramento, CA 95814

(916) 319-51088103

Website: www.cde.ca.gov/re/pn/sm/

E-mail: csmt@cde.ca.gov

Educational material adopted by the State Board of Education is produced in a variety of formats such as: Braille, Large Print, audio recordings, and Digital Talking Books. This organization will also provide audio

recorded material for the general public.

JEWISH BRAILLE INSTITUTE (JBI) INTERNATIONAL

110 East 30th Street

New York, NY 10016

(800) 433-1531 (Toll-Free)

(212) 889-2525

(212) 689-3692 (Fax)

Website: www.jbilibrary.org

General E-mail: admin@jbilibrary.org

Library Information E-mail: aarfe@jbilibrary.org

JBI International provides audio books, magazines and cultural programs in seven languages (English, Russian, Yiddish, Hebrew, Hungarian, Romanian and Polish). Call to request a free catalog.

THE HERITAGE FOR THE BLIND

2802 Nostrand Avenue

Brooklyn, NY 11229

(718) 253 5015

Website: www.hftb.org

The Heritage for the Blind produces free material in English and Hebrew in extra Large Print and Braille.

NEWSWEEK AND READER'S DIGEST

American Printing House (APH) for the Blind, Inc.

1839 Frankfort Avenue

Louisville, KY 40206

(800) 223-1839 (Toll-Free for U.S. and Canada)

(502) 895-2405
(502) 899-2284 (Fax)
Website: www.aph.org/
E-mail: info@aph.org

Reader's Digest® on cassette and in Braille and Newsweek® on cassette are available free of charge to qualified blind or low vision readers.

LEARNING ALLY

20 Roszel Road
Princeton, NJ 08540
(800) 221-4792
Website: www.learningally.org
E-mail: Custserv@learningally.org

The Learning Ally is a national nonprofit, volunteer organization that produces educational materials for students with disabilities such as blindness, low vision or dyslexia.

VOLUNTEERS OF VACAVILLE

1600 California Drive
Vacaville, CA 95696
(707) 448-6841 ext. 2044
Website: <http://volunteersofvacaville.com/>
E-mail: VOVBlindProject@gmail.com

The Volunteers of Vacaville transcribe print materials onto audio tape, duplicate book titles and service/repair of all models of the Perkins Braille writers.

XAVIER SOCIETY FOR THE BLIND

248 West 35th Street, Suite 1502

New York, NY 10010

(212) 473-7800

(800) 637-9193

(212) 473-7801 (Faz)

Website: <http://xaviersocietyfortheblind.org/>

E-mail: info@xaviersocietyfortheblind.org

The Xavier Society for the Blind provides free spiritual and inspirational Roman Catholic reading materials and lending library services in Braille, Large Print, audiocassette, and digital formats.

G. RADIO READING SERVICES IN CALIFORNIA

NORTHERN CALIFORNIA REGION

CHICO

Northstate Public Radio, KCHO – FM

California State University, Chico

35 Main Street

Chico, CA 95929

(530) 898-5896

(530) 898-4348 (Fax)

Website: www.kcho.org

E-mail: info@kcho.org

Area Covered: Sacramento to North Chico through a network of translators. Below is a listing of the cities and the radio station sub-frequencies.

Burney – 91.9

Mt. Shasta – 91.9

Chester – 89.7

Oroville – 92.3

Dunsmuir – 91.9

Weaverville – 89.5

Greenville – 100.9

Weed – 91.9

Hayfork – 99.7

Westwood – 98.3

Access: Special Receiver/TV, VCR, Stereo Adapter required and via the internet.

REDDING

Northstate Public Radio, KFPR – FM

603 North Market Street

Redding, CA 96003

(530) 243-5493

Website: www.kcho.org

E-mail: info@kcho.org

SOUTHERN CALIFORNIA REGION

LOS ANGELES

Los Angeles Radio Reading Service (LARRS)

Studio Address:

Rose Goldwater Community Center

21710 Vanowen Street

Canoga Park, CA 91303

(818) 345-2874

Mailing Address:

6216 Sylvia Avenue

Tarzana, CA 91335

Website: www.larrs.org

E-mail: laradioreading@gmail.com

Area Covered: Los Angeles County.

Access: Reception of the signal requires a special receiver which may be obtained from LARRS.

Hours of Operation: 24 hours/7 days per week.

SAN DIEGO

KPBS Radio Reading Service

5200 Campanile Drive

San Diego, CA 92182

(619) 594-1515

(888) 399-5727

Website: www.kpbs.org/radio/reading-service/

Area Covered: San Diego County.

Access: Receiver which may be obtained from KPBS Radio Reading Services.

Hours of Operation: 24 hours/7 days per week.

H. NEWSLETTERS, MAGAZINES AND JOURNALS

AGE PAGE

National Institute on Aging 31 Center Drive, MSC 2292
Bethesda, MD 20892

(800) 222-2225

(800) 222-4225 (TTY)

Website: www.nia.nih.gov/HealthInformation/Publications

E-mail: niaic@nia.nih.gov

The **Age Page** offers information on a range of health issues that concern older people. Write for a list of available topics. Most publications are free of charge.

AMERICAN FOUNDATION FOR THE BLIND (AFB) PUBLICATIONS

AFB eNews

AFB online Newsletter

The Journal of Visual Impairment and Blindness (JVIB)

1401 South Clark Street, Suite 730

Arlington, VA 22202

(800) 232-5463

(212) 502-7600

Website: www.afb.org

E-mail: info@aph.org

The **AFB eNews** is published monthly and printed on the AFB website. The eNews keeps readers up to date

on AFB's latest activities and presents featured articles that offer the "big picture" regarding the most pressing issues in the field of blindness field. In addition to the AFB eNews, the AFB offers **electronic newsletters** to registered users.

The Journal of Visual Impairment and Blindness (JVIB) is a monthly publication that includes research articles, as well as shorter pieces of interest to practitioners and extensive news coverage about the field of blindness. For additional information on this publication and to download a copy of the [current edition](#), access the AFB website.

BLIND CALIFORNIAN

California Council of the Blind (CCB)

2143 Hurley Way, Suite 250

Sacramento, CA 95825

(800) 221-6359 (Toll-Free)

(916) 441-2100

(916) 441-2188 (Fax)

Website: www.ccbnet.org

E-mail: ccotb@ccbnet.org

The Blind Californian is published quarterly with coverage of CCB statewide events, pertinent legislation, feature articles, technology reviews and generally, whatever may be of interest and value to blind people. The Bulletin Board section lists items, events and merchandise. Subscription is included in CCB membership. **The Blind Californian** is available

in Large Print, Braille, on cassette tape or disk.

THE BRAILLE FORUM

American Council of the Blind (ACB)
1703 N Beauregard Street, Suite 420
Alexandria, VA 22311
(800) 424-8666 (Toll-Free)
(202) 467-5081
(703) 465-5085 (Fax)
Website: <https://acb.org/braille-forum>

The Braille Forum is the monthly magazine of the American Council of the Blind. In addition to the versions on the web site, **the Braille Forum** is available in Braille, audio cassette, Large Print, and by e-mail. It contains information of interest both to ACB members and the general public.

THE BRAILLE MONITOR

National Federation of the Blind
200 East Wells Street at Jernigan Place
Baltimore, MD 21230
(410) 659-9314
(410) 685-5653 (Fax)
Website: www.nfb.org/resources/publications-and-media/braille-monitor
E-mail: nfb@nfb.org

The Braille Monitor is the leading publication of the National Federation of the Blind (NFB). It covers the events and activities of the NFB and addresses the many

issues and concerns of the blind. Subscriptions are available in Large Print (14-point), in Braille, on 2- or 4-track cassette, or via e-mail.

DIALOGUE

Blindskills, Inc.

P.O. Box 5181

Salem, OR 97304

(503) 581-4224

(503) 581-0178 (Fax)

Website: www.blindskills.com

E-mail: info@blindskills.com

DIALOGUE magazine is published bimonthly by Blindskills, Inc., a nonprofit organization based in Salem, Oregon. **DIALOGUE** is an international news magazine edited for individuals who are experiencing vision loss or are blind, and their friends and families. Magazine formats are Large Print, Braille, cassette, diskette and e-mail.

GLEAMS

Glaucoma Research Foundation (GRF)

251 Post Street, Suite 600

San Francisco, CA 94108

(800) 826-6693 (Toll-Free)

(415) 986-3162

(415) 986-3763 (Fax)

Website: www.glaucoma.org

E-mail: question@glaucoma.org

GLEAMS is a newsletter which is published three times per year. Articles contain medical information about glaucoma, the latest research on glaucoma and coping techniques. This newsletter is free of charge and is available in regular print, standard audio cassette tape, e-mail and at the Glaucoma Research Foundation's website.

INFOCUS

Foundation Fighting Blindness (FFB)
7168 Columbia Gateway Drive, Suite 100
Columbia, MD 21046
(800) 683-5555 (Toll-Free)
(800) 683-5551 (TTY)
(410) 423-0600
Website: www.blindness.org
E-mail: info@FightBlindness.org

InFocus is a printed booklet that is mailed out three times a year from the FFB. Its major emphasis is to report research and science news and FDA-approved clinical trials related to retinal degenerative diseases. InFocus also reports on other FFB news and events.

LIGHTHOUSE NEWS

LightHouse for the Blind and Visually Impaired
1155 Market Street, 10th Floor
San Francisco, CA 94103
(415) 431-1481
(415) 255-5906 (VP)
(415) 863-7568 (Fax)

Website: <http://lighthouse-sf.org/>
E-mail: info@lighthouse-sf.org

The **LightHouse News** is published and disseminated on a quarterly basis.

LIGHTHOUSE INTERNATIONAL PUBLICATIONS

The Sol and Lillian Goldman Building

111 East 59th Street

New York, NY 10022

(800) 284-4422 (Toll-Free)

(212) 821-9713 (TTY)

(212) 821-9707 (Fax)

Website: <https://www.lighthouseguild.org/publications/>

E-mail: info@lighthouse.org

LightHouse International Newsletters

These can be downloaded from the website or you may write to the organization for an alternative format.

At a Glance is Lighthouse International's monthly low vision newsletter.

Shared Vision is Lighthouse International's new newsletter for friends and donors of the Lighthouse.

Visionary Philanthropy is Lighthouse International's monthly low vision newsletter.

LightHouse International Publications

In addition to these newsletters, Lighthouse International

has some informational books that may be downloaded from the website. These are listed below.

“Vision Loss Is Not a Normal Part of Aging -- Open Your Eyes to the Facts!”

“Family and Friends Make a Difference! How to Help When Someone Close to You is Visually Impaired”

“When Your Partner Becomes Visually Impaired ... Helpful Insights and Coping Strategies”

THE NIGHT LIGHTER

Retinosa Pigmentosa (RP) International

P.O. Box 900

Woodland Hills, CA 91365

(800) 344-4877

(818) 992-3265 (Fax)

Website: www.rpinternational.org

E-mail: Comments@RPInternational.org

The Night Lighter tracks activities of RP International, but also includes information on new RP research and educational and social programs in Southern California. **The Night Lighter** does not have a publication schedule, but is usually published semi-annually. It is available in Large Print, on cassette tape and on Cable Radio Network where available.

OUTLOOK

National Eye Institute Information Office

31 Center Drive, MSC-2510

Bethesda, MD 20892

(301) 496- 5248

Website: www.nei.nih.gov/nehep/newsletter/index.asp

E-mail: 2020@nei.nih.gov

This publication provides informational updates on eye health education and disease prevention activities. It informs the readers of new material and community activities of the National Eye Health Education Program Partnership Organizations and others interested in eye health education. A list of publications can be found at: <http://catalog.nei.nih.gov/productcart/pc/mainIndex.asp>.

PREVENT BLINDNESS NORTHERN CALIFORNIA PUBLICATIONS

550 Kearny Street

San Francisco, CA 94108

(800) 338-3041 (Toll-Free In California)

(415) 567-7500

(415) 567-7600 (Fax)

Website: www.preventblindness.org/

E-mail: info@preventblindness.org

Preventing Blindness Northern California offers a quarterly newsletter which is available for download on their website or by subscription which can be mailed to your residence.

I. CATALOGS OF MERCHANDISE

AMERICAN PRINTING HOUSE (APH) FOR THE BLIND, INC.

1839 Frankfort Avenue
P.O. Box 6085
Louisville, KY 40206
(800) 223-1839 (Toll-Free US/Canada)
(502) 895-2405 (Main Number)
(502) 899-2284 (Fax)
Website: www.aph.org
E-mail: info@aph.org

The APH for the Blind products are primarily designed for students, but many are also useful for adults both in education and in daily living.

BEYOND SIGHT, INC

5650 South Windermere Street
Littleton, CO 80120
(303) 795-6455
(303) 795-6425 (Fax)
Website: www.beyondsight.com
E-mail: support@beyondsight.com

Products include Closed Circuit TV (CCTV) systems that can enlarge the type or graphics on a page up to two to sixty-four times its original size, other magnification readers, computers, Braille displays, printers, games, gifts, home and health aids, kitchen aids, canes, talking watches and clocks.

CAPTEK/SCIENCE PRODUCTS

P.O. Box 144
Southeastern, PA 19399
(610) 296-2111
(800) 888-7401 (Toll-Free)
Website: www.captek.net
E-mail: info@captek.net

Captek/Science Products offers an assortment of diversified products including tools, instruments and materials for the workplace.

CAROLYN'S LOW VISION PRODUCTS

(941) 373-9100
(800) 648-2266
Website: www.carolynscatalog.com
E-mail: info@carolynscatalog.com

Products include a variety of magnifiers and CCTVs. Carolyn's carries helpful products for people of all ages to use to read, write, enjoy hobbies and maintain independence.

ENABLING TECHNOLOGIES

1310 Business Park Place
Jensen Beach, FL 34957
(772) 225-3687
Website: www.brailler.com
E-mail: info@brailler.com

This company provides a wide variety of Braille printers, embossers, labelers, translation software, Braille and tactile graphics and reading machines.

ESCHENBACH OPTIK OF AMERICA

22 Shelter Rock Lane

Danbury, CT 06810

(800) 487-5389 (Toll Free)

(888) 799-7200 (Fax)

Website: www.eschenbach.com

E-mail: info@eschenbach.com

This company provides a variety of Low Vision optical enhancement devices.

FREEDOM SCIENTIFIC

17757 US Highway 19N, Suite 560

Clearwater, FL 33764

(800) 444-4443 (Toll-Free)

(727) 803-8000

(727) 803-8001 (Fax)

Website: www.freedomscientific.com

This company provides a wide variety of Braille 'n Speak machines, specialized software, Braille graphic software, Windows screen readers, speech synthesizers, Braille translators and accessories.

INFOGRIP

(866) 606-8551

Website: www.infogrip.com

E-mail: www.infogrip.com/contacts/ (Fill and Send Form)

This company provides ergonomically designed computer accessories such as keyboard, pointing, switching, mounting and desk, vision aid and other ergonomically designed assistance devices.

THE LIGHTHOUSE STORE

250 West 64th Street

New York, NY 10023

(800) 284-4422

Website: www.lighthouseguild.org/

E-mail: www.lighthouseguild.org/contact/ (Fill and Send Form)

Products include talking clocks, watches, scales and calculators. Among the non-speaking items are folding canes, magnifiers, a variety of household and personal items, health necessities and leisure products. Unusual items featuring Large Print, Braille, or high contrasting colors which make it easy for someone who is blind or low vision to use are also available.

LS & S GROUP

(800) 468-4789 (Toll-Free)

(877) 498-1482 (Toll-Free Fax)

(716) 348-3500 (Local/International)

(716) 873-3848 (Local/International Fax)

Website: www.lssproducts.com

E-mail: LSSInfo@LSSproducts.com

L.S. & S. offers an assortment of merchandise specifically for the blind and low vision. Products range from grab bars and software to a Speedo water radio and an automatic potato peeler.

J. VENDORS OF ASSISTIVE TECHNOLOGY

AL SQUARED

Website: www.aisquared.com

E-mail: support@vispero.com

Al Squared provides screen readers and magnifiers as well as handheld magnifiers.

BRaille JYMICO

111 West Jackson, Suite 1700

Chicago, IL 60604

1 (877) 272-4553

Website: <https://braillejymico.com/>

E-mail: info@braillejymico.com

Braille Jymico is a producer of Braille, large print, and other alternative formats.

DOLPHIN COMPUTER ACCESS, INC.

475 Wall Street

Princeton, NJ 08540

(866) 797-5921 (Toll-Free)

(609) 799-0475 (Fax)

Website: www.yourdolphin.com

E-mail: infous@yourdolphin.com

Dolphin Computer Access provides low vision magnifiers and speech synthesizers. This company offers low vision software with screen magnification, speech and Braille support, and a scanner that reads

and converts text into synthesized speech.

DUXBURY SYSTEMS, INC.

270 Littleton Road, Unit 6

Westford, MA 01886

(978) 692-3000

(978) 692-7912 (Fax)

Website: www.duxburysystems.com

E-mail: info@duxsys.com

Duxbury Systems provides Braille translators in a number of different languages that work with a person's computer.

ENABLING TECHNOLOGIES Inc

1310 Business Park Place

Jensen Beach, FL 34957

(772) 225-3687

Website: www.brailler.com

E-mail: info@brailler.com

Enabling Technologies Company is the world's leading manufacturer of Braille embossers. They also offer translation software and Braille tactile graphics.

En-Vision America, Inc.

825 4th Street West

Palmetto, FL 34221

(800) 890-1180 (Toll-Free)

(309) 452-3088

(309) 452-3643 (Fax)

En-Vision America is an inventor of the i.d. mate talking bar code scanner, and free accessible prescription labels such as ScripTalk talking labels, large print labels, Braille labels and translated prescription labels. They partner with pharmacies across the USA and Canada, and the accessible prescription labels are free of charge to the patient.

GW MICRO, INC.

130 Taconic Business Park Road
Manchester Center, VT 05255

(802) 362-3612

(802) 362-1670 (Fax)

Website: www.gwmicro.com

E-mail: wesupport@aisquared.com

GW Micro offers adaptive technology for blind, low vision and learning disabled people.

INNOVATIVE REHABILITATION TECHNOLOGY, INC.

15344 Green Way Place

Grass Valley, CA 95945

(800) 322-4784 (Toll-Free)

(530) 274-2090

(530) 274-2093 (Fax)

Website: www.irti.net

E-mail: info@irti.net

Innovative Rehabilitation Technology, Inc. (IRTI) provides everyday useful products as well as high tech innovations for the blind, low vision, individuals with

dyslexia and learning disabilities. They sell specialized products for daily living, work accommodation and school resources including DAISY book readers, 4-track talking book cassette players, custom computer systems with adaptive software and hardware, talking time pieces, personal organizers, digital voice recorders, note takers, money identifiers, caller ID units and more.

KURZWEIL EDUCATIONAL SYSTEMS, INC.

Cambium Learning Technologies

24 Prime Parkway

Natick, MA 01760

(800) 894-5374

Website: www.kurzweiledu.com

E-mail: sales@cambiumtech.com

Kurzweil Educational Systems is recognized as a major developer of reading technology for people with learning difficulties and those who are blind or low vision. This company has human-like synthesized voice products that allow access for reading, managing and creating text and images.

MAGNISIGHT, INC.

951 E Filmore Street

Colorado Springs, CO 80907

(719) 578-8893

This company is owned and operated by people with low vision. They offer CCTVs, manual focus, dual auto/manual focus and PC compatible video magnifiers,

with optional features like Select-A-Color and Line Marking/Windowing.

MATTINGLY LOW VISION

The Smart Choice

135 Rio West Drive, Building B

El Paso, TX 79932

(888) 642-0842

(866) 958-8777 (Fax)

E-Mail: info@mattinglylowvision.com

Mattingly Low Vision provides a full range of affordable low vision optical devices and products sold to professionals in the low vision rehabilitation community.

NANOPAC, INC.

4823 South Sheridan Road, Suite 302

Tulsa, OK 74145

(800) 580-6086 (Toll-Free)

(918) 665-0329

Website: www.nanopac.com

E-mail: info@nanopac.com

Nanopac provides a full range of products for blindness, low vision, quadriplegia, nonverbal, reading disabilities, voice recognition and voice activated environmental controls.

OCUTECH, INC.

109 Conner Drive, Suite 2105

Chapel Hill, NC 27514

(800) 326-6460 (Toll-Free)

(919) 967-6460

(919) 967-8146 (Fax)

Website: www.ocutech.com

E-mail: www.ocutech.com/contact-us.aspx (Fill and Send Form)

Ocutech provides low vision magnifiers.

OPTELEC U.S., INC.

17757 US Highway 19 N Suite 560

Clearwater, FL 33764

(800) 444-4443 (Toll-Free)

Website: www.optelec.com

E-mail: info@optelec.com

Optelec provides low vision and CCTV magnifiers.

YOUR LOW VISION STORE/ OVAC, INC.

Infogrip, Inc.

1899 E. Main St.

Ventura, CA 93001

(800) 310-3938 (Toll-Free)

Website: <http://yourlowvisionstore.com/>

E-mail: <http://yourlowvisionstore.com/contact.php> (Fill and Send Form)

OVAC offers affordable magnifying units from the basic black and white to full color with auto focus and zoom. Each OVAC unit comes with a 30-day trial and a two-year warranty free with purchase.

PERKINS PRODUCTS

175 North Beacon Street

Watertown, MA 02472

(617) 972-7308

(855) 206-8353 (Toll Free)

Website: <https://brailleur.perkins.org>

E-mail: Solutions@Perkins.org

This is a full service company which offers a variety of products, support and training in the use of equipment for the blind, low vision and individuals with reading difficulties.

REPROTRONICS, INC.

75 Carver Avenue

Westwood, NJ 07675

(800) 948-8453 (Toll-Free)

(201) 722-1880

(201) 722-1881 (Fax)

Website: www.repro-tronics.com

E-mail: info@repro-tronics.com

This company offers tactile products and software for the blind and low vision which provide the ability to create and design documents.

R.J. COOPER & ASSOCIATES

640 S. Grand Ave., Suite 109

Santa Ana, CA 92705

(800) 752-6673 (Toll-Free)

(949) 582-3169 (Fax)

Website: www.rjcooper.com

E-mail: info@rjcooper.com

R.J. Cooper & Associates have developed products for persons with very special needs, including special software and hardware adaptations. Their assistive technology enables people with disabilities to do more with computers.

SEEDLINGS BRAILLE BOOKS FOR CHILDREN

By mail:

P.O. Box 51924

Livonia, MI 48151

In Person:

14151 Farmington Road

Livonia, MI 48154

(800) 777-8552 (Toll-Free)

(734) 427-8552

(734) 427-8552 (Fax)

Website: <http://www.seedlings.org>

E-mail: info@seedlings.org

Seedlings is a nonprofit organization dedicated to providing high quality, low cost Braille books for children. Books range from contemporary literature to well-loved classics. Seedlings offers over 560 low cost Braille books for children.

Level Access

1600 Spring Hill Road, Suite 400

Vienna, VA 22182
(800) 889-9659
Website: www.levelaccess.com/
E-mail: info@levelaccess.com

Silicon Valley

114 Sansome Street, Suite 950
San Francisco, CA 94104
(800) 889-9659
(415) 624-2708 (Fax)
Website: www.levelaccess.com/
E-mail: info@levelaccess.com

The Level Access provides access solutions for organizations to ensure accessibility for people who are blind or low vision. They also provide on-site adaptive technology training and support, product sales, turnkey systems, scripting and web page usability testing.

SUN CASTLE TECHNOLOGY

3575 Bride Road, Suite 8-438
Sunfolk, VA 23435
(877) 306-6968 (Toll-Free)
(757) 512-5662 (Fax)
Website: www.suncastletech.com
E-mail: info@suncastletech.com

Sun Castle Technology provides software for Picture it, a program for language and literacy skills and PixWriter for beginning writers. Both add picture to text.

SYNAPSE ADAPTIVE

14 Lynn Court

San Rafael, CA 94901

(800) 317-9611 (Toll-Free)

(415) 455-9700

(415) 455-9801 (Fax)

Website: www.synapseadaptive.com

E-mail: info@synapseadaptive.com

Synapse Adaptive provides and designs solutions for accommodation equipment which satisfy the requirements that businesses and organizations must meet to assist individuals with disabilities.

TactPlus

Kanematsu USA Inc.

100 Randolph Road

Somerset, NJ 08873

(732) 271-7561

Website: www.tactplusprinter.com

E-mail: sales@tactplusprinter.com

TactPlus offers a portable braille and 3D imaging printer using Thermal Technology and Capsule Paper.

T-BASE COMMUNICATIONS, INC

New York Office

806 Commerce Park Dr.

Ogdenburg, NY 13669

Ontario Office

885 Meadowlands Drive E., Suite 401

Ottawa, ON K2C 3N2

(800) 563-0668 (Toll-Free)

Website: www.tbase.com

E-mail: info@tbase.com

T-Base offers several communication solutions. This company provides services such as transcription, publications and business cards in Braille. Also available is Accessbill which allows clients billing through a secured electronic system in Large Print format, audio format, diskette and Braille.

TELESENSORY CORPORATION

417 Cypress Street

Bakersfield, CA 93304

(800) 804-8004 (Toll-Free)

(650) 743 9515

(661) 832-6557 (Fax)

Website: <http://telesensory.net/>

E-mail: info@telesensory.com

Telesensory Corporation has developed products for blind and low vision people so that they may achieve greater independence through innovative, technology-based products.

VISION CUE

4858-A S.W. Scholls Ferry Road

Portland, OR 97225

(888) 318-2582 (Toll-Free)
(503) 297-1510
(503) 459-4003 (Fax)
Website: www.visioncue.com

This company offers a selection of Braille, low vision and speech products such as screen readers, translators and accessible cell phones.

WORDS+, INC.

(256) 339-2465
Website: <http://words-plus.com/#>
E-mail: Gaylon@words-plus.com

Words+, Inc. has a philosophy that communication and computer access products will "unlock the person." They offer communication systems and software, hand-held devices, speech devices and hardware accessories.

White Cane Center for the Blind

200 East Wells Street, Jernigan Place
Baltimore, Maryland 21230
(410) 659-9314
Website: <https://nfb.org/programs-services/free-white-cane-program>
E-mail: freecane@nfb.org

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