

Blind Field Services

Independent Living Services
of Northern California



The ability to see clearly is important, yet we are not able to control our vision. As our vision diminishes, many of us think that we can no longer be independent. Don't let your vision impairment keep you from doing what you love. ILSNC's Blind Field Services can provide you with the necessary information and technology to allow you to continue enjoying your daily activities.

Are you 55 or older?

Do you have vision problems?

Are you interested in overcoming vision loss?

If you answered "yes" to these questions, read on.

Do not let your vision loss decide how you should live your life.



Blind Field Services can help you live independently. Here is what's available:

- ♦ Independent living skills training
- ♦ Transportation information
- ♦ Peer and group support, providing a forum in which to discuss your concerns with other people who have experienced low vision.
- ♦ Information on the many technologies designed for people with vision impairment. Such devices may include magnifiers, talking devices and Braille.

We can give you the skills to help you begin:

- ♦ Environmental adaptation
- ♦ Daily activities
- ♦ Self-care
- ♦ Financial management
- ♦ Decision making

Call us and we'll show you how.



**Independent
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of Northern
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