RESOURCE GUIDE For people who are visually impaired



LOW VISION RESOURCE CENTER SAN ANTONIO, TEXAS

www.lowvisionclub.org www.owlradio.org

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RESOURCE GUIDE FOR PEOPLE WHO ARE VISUALLY IMPAIRED

Although we researched the information in this Guide carefully, we know there will be changes during the life of the Guide. We also know this information is not all inclusive and that additional information is available through other sources such as the Internet. We like to hear from you so please send us your updates or suggestions.

The information in this guide is intended for information only and should not be interpreted as an endorsement of any vendor or organization listed.

SPECIAL RECOGNITION AND THANKS TO:

THE EMPLOYEE COMMUNITY FUND OF THE BOEING COMPANY

For funding this ninth edition of the Resource Guide

LOW VISION RESOURCE CENTER



Mission statement: To foster hope, offer help, and promote independence for people with vision loss.

Our organization has been helping people with vision loss since January 1997. We offer help through the San Antonio Low Vision Club and Owl Radio. Please visit one of our websites or call us for more information.

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Some material reproduced and compiled from publications by the Center for the Partially Sighted, The University of Wisconsin Hospitals and Clinics, and the University of Texas.

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SECTION I: LIVING WITH LOW VISION

This Guide is designed to help those with vision loss face the challenges of continuing daily living activities and maintaining independence. It should also assist family members and caregivers who are supporting people with visual impairments.

Becoming visually impaired involves more than just losing sight. It requires physical, emotional, financial, and living adjustments. Although vision loss can significantly impact daily activities, it should not be considered incapacitating, but it takes determination, encouragement, and persistence. Life after the loss of sight can be rich and fulfilling.

The newly diagnosed person with a visual impairment may go through phases of grieving such as shock, denial, fear, mourning, withdrawal, and depression.

The Low Vision Resource Center (LVRC) was established to assist people as they work through this adjustment process. The first goal of the LVRC is to "foster hope" which is a critical element of adjusting to the loss of vision.

SECTION II: QUESTIONS AND ANSWERS

1. WHAT IS LOW VISION?

Low Vision is a visual impairment that interferes with daily activities. Generally, this is vision loss that cannot be corrected by standard eyeglasses, contact lenses, medication, or surgery.

2. I HAVE LOW VISION. WILL I GO BLIND?

Some eye diseases can cause total blindness, but most do not.

3. WILL I ALWAYS HAVE LOW VISION?

Some diseases which cause low vision, such as cataracts, are treatable while other conditions are not.

4. WHAT DOES LEGALLY BLIND MEAN?

Legal blindness is defined as a visual impairment with a visual acuity of 20/200 or less in the better eye after the best correction. This means that an individual can see at 20 feet what someone with 20/20, or normal vision, can see at 200 feet. Also, legal blindness can be defined as someone with a visual field which is no greater than 20 degrees. A normal visual field is approximately 175-180 degrees so a field of 20 degrees is relatively small.

5. IS HAVING LOW VISION OR BEING LEGALLY BLIND THE SAME AS BLIND

People often confuse "legally blind" with "blind." People who are "legally blind" or have "low vision" usually have some usable vision. Their vision can often be improved with low vision aids. Blind is the total lack of vision.

6. HOW CAN LOW VISION PATIENTS BE HELPED?

A low vision examination employs special examination techniques. Special devices are evaluated for their capacity to improve a patient's visual performance. Though these aids may not improve vision, they may allow a patient to use their remaining vision to its fullest capacity. Low vision aids may make things appear larger, appear brighter, or improve contrast.

7. WHAT TYPE OF THINGS ARE "VISUAL AIDS?"

Visual aids may be special optical lenses, telescopes, magnifiers, visors, filters, reading stands, lamps, large print documents, or other devices that improve a low vision patient's visual performance.

Though standard spectacle corrections may be one type of aid, most visual aids are very different, and may involve some compromise and adaption by the low vision patient. For example, the visual aid may be more encumbering than spectacles, or reading material may have to be held very close. The degree of compromise varies with each low vision patient. Most people will readily adapt to an aid that provides some measure of improved visual performance.

8. WILL LOW VISION AIDS CURE MY EYE DISEASE?

No! Using visual aids will not affect the health of your eyes, thus visual aids will not cause your eye problem to get better or worse. Low vision aids do not cure or restore your vision to normal, but you should be able to perform visual tasks better.

9. SINCE I HAVE A VISION PROBLEM, CAN I HURT MY EYES BY USING THEM?

Using your vision will not cause it to deteriorate. In fact, most doctors feel that using eyes helps train the brain to interpret what you see. Thus, using eyes can help maintain visual sense.

10. CAN I HURT MY EYES BY HOLDING PRINT TOO CLOSE?

No! To gain the magnification necessary to see print or other small items, you may have to be very close. This does not hurt your eyes, although it may take some practice getting used to this different posture.

11. WHAT LIGHTING IS BEST FOR PEOPLE WITH LOW VISION?

The proper degree of light may vary between various forms of vision loss. Some people may find they prefer dimmer illumination. More importantly, the light source you select should be positioned to reduce glare. Typically, the least amount of glare is from a light positioned over either shoulder.

SECTION III: HOUSEHOLD HINTS HOME:

1. Keep things orderly. Organization will help you locate items with much greater ease.

2. Adjust the light according to the activity you are doing. Use more or less light as appropriate. Use natural daylight.

3. Use color contrast when possible. Place light objects against dark backgrounds and dark objects against light backgrounds. Use the colors that work best for you.

4. Use colored tape on household items such as thermostats, electrical outlets, light switches, and drawstrings on drapes.

5. Mark the first steps or stairs with tape or paint for better visibility.

6. Place furniture in a comfortable "conversational setting." Chairs placed too far apart may be beyond the visual comfort of the visually impaired individual.

7. Place a plant or bright object near furniture corners to provide contrast with surroundings.

8. Avoid patterned tablecloths and upholstery. They make it difficult to locate objects that may be placed on or near them.

9. Purchase large button colored electrical switches with audible feedback as on/off switches for appliances and lights.

10. Use talking devices such as phones, blood pressure cuffs, and watches.

11. Use large print or large buttons on items such as measuring tapes or phones.

KITCHEN:

1. Use a light-colored cup when pouring dark liquids (like coffee). The light-colored cup should be placed on a dark colored background.

2. Use a contrasting colored cup placed on a light background when pouring light liquids such as milk.

3. Use a dark colored glass when pouring water. Listen for the sound to change as the cup is being filled.

4. Use trays or placemats to create a contrasting background on countertops. For example, if you have a light-colored countertop, and you are pouring coffee into a light colored cup, place the cup on a dark colored tray to help in locating the cup.

5. Use a dark cutting board for light foods; a light board for dark food.

6. Use brightly colored paint, vinyl, or tape on cupboards, cabinets, drawers, handles, etc, to help locate them.

7. Use brightly colored paint or tape on handles of kitchen equipment and utensils. For example, a bright strip of tape on a measuring cup handle will help locate the handle.

8. Use a pot with flat color (rather than aluminum) on the inside. It may help you see boiling water and foods within the pot.

9. Mark kitchen dials with bright contrasting tape, Velcro, or "bump dots." Mark the oven dial at the temperature most frequently used, or use several contrasting colors for different temperatures. Use a tube of "Hi Marks" which is a type of cement that dries into raised beads to identify dial positions on stoves, irons, TVs, etc. "Hi Marks" can be placed on paper, cloth, wood, metal, and may be washed.

10. Use droppers when measuring items such as vanilla. Or, bend metal measuring spoons so the handle is perpendicular to the spoon. The spoon can be dipped into the item to be measured without fear of over-pouring or spilling.

11. Cover the back burners of your stove unless you absolutely need them. This will prevent reaching over a hot burner in front.

12. Use a timer. It will be easier than trying to visually check some of the items you are cooking.

13. Color code recipe cards. For example, one color for meat dishes, another for poultry, a third for desserts.

14. Rewrite favorite recipes on index cards in large print with a black felt-tip pen.

15. Label groceries by rewriting the name of the item on light colored matte paper with a black felt-tip pen and secure the label with a rubber band or tape.

16. Keep the kitchen organized! Be the one in charge of putting groceries and other items away.

17. Remind everyone to completely close all kitchen cabinets, cupboards, and drawers.

18. Sniff spices before sprinkling to verify you have the correct spice. 19. Remove small throw rugs as they are not easily seen and may be a tripping hazard.

EATING:

1. Use the contrast rule for setting the table: Light dishes need dark placemats or tablecloth. Dark dishes should lie on a light background. Use solid tablecloths or placemats only...patterns can be confusing.

2. Place a high intensity lamp by your seat to illuminate your plate.

3. Use a clock system to locate food on your plate. For example, pork at the top of the plate will be at 12 o'clock, peas at the bottom of the plate would be at 6 o'clock.

4. Try the "low and slow" approach for locating items on the table. There is less chance of knocking glasses over.

BATHROOM:

1. Use magnifying mirrors to help with shaving and make-up.

2. Hang a towel on the wall opposite the bathroom mirror

to provide a contrasting background for brushing hair.

3. Hang a clear plastic shower curtain to allow more light for showering.

4. Put the toothpaste on your finger and then transfer it to the toothbrush.

5. Use a rubber backed mat in the tub.

6. Put a brightly colored sponge or object in the tub to indicate the depth of the water.

MONEY:

1. Fold currency for identification.

- \$1.00 Leave flat
- \$5.00 Fold in half width-wise
- \$10.00 Fold in half length-wise
- **\$20.00** Fold in half width-wise and length-wise
- 2. Place currency in different compartments of your wallet or purse.
- 3. Purchase a currency holder.
- 4. Obtain an electronic currency reader.

Note: The U.S. Bureau of Engraving and Printing will provide qualified citizens a free <u>U.S. Currency Reader</u> which will electronically scan and read the denomination of U.S paper currency. Contact the Bureau for an application.

www.moneyfactory.gov 844-815-9344

Mobile smartphone apps for electronically reading currency may be available from your cellphone provider.

LAUNDRY:

1. Simplify laundry chores by using a system to identify articles of clothing. A "V" cut in a label could identify a permanent press item, while a corner cut off the label may indicate the item is colorfast.

2. Safety pin socks into pairs before washing.

CORRESPONDENCE:

1. Use felt tip pens for writing. Experiment with different colors.

2. Consider different shades of paper. White may be the easiest to read. Try putting the paper against a different colored background.

3. Use paper with thick black lines.

4. Purchase a writing frame.

SECTION IV: LOW VISION REHABILATION CLINICS

One key to maintaining an active and independent life with low vision is vision rehabilitation. San Antonio is fortunate to have low vision rehabilitation clinics staffed with eye care professionals who specialize in low vision. After an examination, they will advise you how best to use your remaining vision.

The exam may be followed by several training sessions with a vision rehabilitation specialist using special tools and techniques. This training could result in an improvement in your ability to see. The rehabilitation specialist may recommend adaptive devices such as magnifiers, talking computers, and large print keypads. They may also provide practical suggestions on items such as lighting and marking appliances.

A low vision specialist does not take the place of your ophthalmologist but works with your primary eye doctor, who often makes the referral for low vision care.

1. SAN ANTONIO LOW VISION CLINIC

Dr. Nancy Amir, O.D., Dr. Paul Lau 210-228-0030

www.lowvisionclinic.net

9577 Huebner Road Building 4 San Antonio, Texas 78240

2. LIONS LOW VISION REHAB CENTER OF TEXAS

Dr. Jacqueline Chan 210-567-8600

www.uthscsa.edu/eye

Greehey Academic and Research Campus The University of Texas Health Science Center at San Antonio 8403 Floyd Curl Drive San Antonio, Texas 78229

3. <u>VISION REHABILITATION CENTER AT THE</u> <u>UNIVERSITY OF THE INCARNATE WORD BOWDEN</u> <u>EYE CARE AND HEALTH INSTITUTE</u>

Dr. Stephanie Schmiedecke, Chief, Low Vision Service Dr. Nancy Amir, Dr. Matt Valdes, Dr. Paul Lau 210-619-7020

http://www.uiw.edu/optometry/academics/clinicalexperience/bowden .html 2547 E Commerce St, San Antonio, TX 78203

SECTION V: RESOURCES – LOCAL

1. TEXAS WORKFORCE COMMISSION VOCATIONAL REHABILITATION SERVICES

800-628-5115

customers@twc.state.state.tx.us

SAN ANTONIO OFFICE 210-785-2750 Woodcock Building Suite A-105 4241 Woodcock Dr. San Antonio, Texas 78228

Programs:

The <u>Blindness Education, Screening and Treatment Program</u> wants to help Texans keep their vision healthy.

The <u>Criss Cole Rehabilitation Center (CCRC)</u>, located in Austin, is a residential program that offers training in basic daily living skills and adjustment to blindness.

Overview:

Workforce Solutions Vocational Rehabilitation Services provides services for people with disabilities to help them prepare for, obtain, retain or advance in employment.

Eligibility

You may be eligible for vocational rehabilitation services if you:

- Have a disability which results in substantial barriers to employment
- Require services to prepare for, obtain, retain or advance in employment
- Are able to obtain, retain or advance in employment as a result of services.

Disabilities Served

Disabilities Other Than Vision-Related Disabilities

- Behavioral and mental health conditions
- Hearing impairments, including deafness
- Alcoholism or drug addiction
- Intellectual, learning and developmental disabilities
- Physical disabilities, including traumatic brain and spinal cord injury, back injury, paralysis and impaired movement

Vision-Related Disabilities

- Blindness
- Significant visual impairments
- Deaf Blindness

<u>The Criss Cole Rehabilitation Center (CCRC)</u> is an innovative, residential vocational rehabilitation training facility that serves adults who are legally blind by helping them learn alternative techniques to prepare for, find or retain employment, attend college, university or trade school, and live independently in the community.

CCRC is named in honor of Judge Criss Cole, who lost his sight while serving as a Marine during World War II. As a member of the Texas House of Representatives from 1955 to 1962, and the Texas Senate from 1963 to 1970, he was instrumental in improving state services for all people with disabilities.

Eligibility: To be eligible for services from Criss Cole Rehabilitation Center (CCRC), you must be:

- Legally blind
- Age 18 or older, unless attending the Youth to Adult Program
- Provide documentation of Texas Workforce Solutions
 Vocational
- Rehabilitation Services staff.

To be eligible for acceptance, you must be able to:

- Fully participate in an 8 hour training day, 5 days a week
- Manage daily personal care, health and medication
- Attend scheduled classes and demonstrate progress
- Transfer skills from one setting to another
- Behave in socially appropriate ways and live Cooperatively in an adult residential setting.

Email: CCRC <u>Admissions@twc.state.tx.us</u> Office phone: 512-377-0300 Address: CCRC, 4800 N. Lamar Blvd., Austin, TX 78756

2. SAN ANTONIO LIGHTHOUSE FOR THE BLIND

800-362-4335 210-533-5195

www.salighthouse.org

2305 Roosevelt San Antonio, Texas 78210

The San Antonio Lighthouse for the Blind and Vision Impaired (SALBVI) assists people who are visually impaired and blind to reach their highest level of independence. There are no direct fees to the individual to participate in any program. Most participants are referred to the Lighthouse for services by the Texas Workforce Solutions – Vocational Rehabilitation Services. It will then depend on the service area.

Rehabilitation services:

The <u>Technology Evaluation and Training</u> program trains visually impaired individuals on the latest technology available, enabling them to participate in academic, employment and independent-living environments.

The <u>Assistive Technology</u> program provides demonstrations and evaluations for assistive technology, including the latest video magnifiers, screen magnification software, screen reader software, scanning software, note taking devices, and more. Training is also provided on keyboarding, assistive technology, and the latest versions of Microsoft Windows and Office.

The <u>Job Readiness and Placement</u> program helps individuals complete applications, prepare resumes, write cover and thank-you letters, and search for jobs.

The <u>Career Guidance</u> program helps people explore occupations, see how their interests and skills fit into jobs, learn about suitable job accommodations, and develop a career plan. The center specializes in making accommodations for each person's needs. All materials are available in large print, Braille, and/or cassette tape.

The <u>Vocational Support and Counseling</u> program teaches time management, interpersonal relationships, problem solving, working with difficult people, conflict resolution, effectiveness communication, ethics, goal setting, etiquette, goal setting and dressing for success.

<u>Community Services</u> arranges temporary lodging for participants traveling from out of town.

The San Antonio Lighthouse serves as an <u>Employer Resource</u>. The staff can assist employers to meet the needs of applicants and employees who have a visual impairment or other disabilities.

The San Antonio Lighthouse converts written materials into <u>Large</u> <u>Print and Braille</u>. Cost estimates may be obtained over the telephone.

The <u>Seniors Program</u> provides independent living skills training including in-home personal care, travel, household management, daily living suggestions, access to computers, and counseling.

The Center also supports active lifestyles by providing opportunities for participants to interact with others in various social, recreational and educational settings such as low vision clubs, peer support groups, arts and crafts, and exercise groups. The Center offers Caregiver Training as well by educating family members, caregivers, and service providers on blindness awareness through sensitivity training and presentations.

The <u>Summer Work Skills Program for Youth</u> is a five-week program that helps high school graduates with visual impairment or students with other disabilities nearing graduation prepare for future employment. The program teaches work ethic, time management, social skills, communication skills, grooming/hygiene, and interpersonal skills.

Children's Education Program

Children, ages 0-18 years, who are visually impaired are empowered by events (camps, classes, workshops, etc.) which focus on the nine elements of the Expanded Core Curriculum: assistive technology, career education, compensatory skills, independent living skills, orientation and mobility skills, recreation and leisure, selfdetermination, sensory efficiency and social interaction skills.

Parents are served through parent support groups, classes, workshops, etc.

Family activities include such events as the annual Beeping Easter Egg Hunt and the Halloween Bash as well as other family events in the winter and summer.

The Children's Program, along with vision teachers from the individual independent school districts, plan activities in which families of students with visual impairments can get together to meet and discover the many things they have in common.

<u>Transition to Work Program</u> The Transition to Work Program at the San Antonio Lighthouse for the Blind services young adults with visual impairment or other disabilities from ages sixteen to twenty-two years. Students must be enrolled in high school and referred by their home campus. Our mission is to provide students with an individualized vocational training environment to help prepare them for employment opportunities after their high school years.

Our program offers hands on simulation of various career opportunities such as housekeeping, laundry room, basic restaurant skills, basic bicycle repair, basic floral design, button making, assembly of small parts, and basic warehouse skills.

The Transition to Work Program also provides interpersonal skills training, time management, keyboarding, resumé building, job interviewing skills, job-seeking skills, recreation and leisure activities, and use of adaptive aides.

Emma Freeman Scholarships are awarded annually for one or two years of college study.

The <u>Low Vision Store</u> offers talking clocks, watches, thermometers, calculators, games, toys, telephones, and other large print items.

3. VETERANS ADMINISTRATION (Audie Murphy Memorial Veterans Administration Hospital)

Visually Impaired Services Team, 210-949-8926 VA Eye Clinic, 210-949-8900 Option 2 (Located in the VA Dental Clinic Building) 8410 Datapoint Drive Suite 200 San Antonio, Texas 78229

The Department of Veterans Affairs (VA) provides comprehensive low vision and blind rehabilitation services for eligible veterans of the United States.

Eligible veterans are provided a full range of services, including visual aids, to assist them in overcoming the challenges of sight loss.

Services to blind and visually impaired veterans in South Texas are coordinated through the Visual Impairment Services Team (VIST).

The VA also offers residential blind rehabilitation services. The school for South Texas is located in Waco, Texas. This school is also coordinated through the VIST Team.

To receive services from the VA, the veteran must enroll in the VA system, which can be done at the Audie Murphy Memorial Veterans Hospital or Kerrville VA Hospital. Even if the veteran is receiving services from Wilford Hall or the San Antonio Area Military Medical Center, they must enroll in the VA system to receive VA services. Enrollment in the VA system may entitle the veteran to low vision devices not otherwise available through Wilford Hall or SAMMC.

4. ALAMO SERVICE CONNECTION 866-231-4922 210-477-3275 http://www.aacog.com/107/Alamo-Service-Connection 8700 Tesoro Dr., Suite 700 San Antonio, Texas 78217

The Alamo Area Council of Governments (AACOG) provides information, referral, and assistance for residents 60 and over, people with disabilities, veterans, and their families through the Alamo Service Connection (ASC).

The ASC provides information on:

<u>Public Benefits</u>: Medicare, Medicaid, Social Security, Prescription Drug Plans, Managed Care, and Private Health Insurance.

<u>Planning</u>: Long-term Services and Support, Community Living, Simple Legal Issues, Volunteer, Educational, or Employment Opportunities.

<u>Care</u>: Home Care Services, Caregiver Support and Relief, Adult Foster Care, Adult Day Care, Assisted Living and Nursing Facility.

<u>Health Needs</u>: Home Delivered Meals, Senior Nutrition Centers, Prescription Assistance, Medical Equipment, Personal Care Supplies, Behavioral Health Resources, Health Promotion and Disease Prevention Programs. <u>Support</u>: Utility Assistance, Adaptive Equipment, Transportation, Rental Assistance, Home and Community Services for Persons with Mental Retardation, Services to the Deaf, and Independent Living Skills.

5. CITY OF SAN ANTONIO

Senior Services Division <u>www.sanantonio.gov</u> 106 South St. Marys Suite 700 San Antonio, Texas 78205

Programs:

Comprehensive Nutrition(210)207-7172 Available at nutrition centers throughout the city. Provides elderly persons, 60 years and older, and spouses, in Bexar County, with a nutritionally balanced noon meal in a congregate setting.

6. ORIENTATION AND MOBILITY (O & M)

People with low vision can travel safely by adapting to their vision loss. O & M training can greatly improve the ability to walk safely in the home and community. The Texas Workforce Solutions and Rehabilitative Services Division for Blind Services, the San Antonio Lighthouse for the Blind, and the Department of Veterans Affairs may provide qualified instructors for this service.

7. GUIDE DOGS

A guide dog is an aid to mobility. Good orientation and mobility skills are an important foundation to successfully working with a guide dog.

The training program with the guide dog is very intense. Upon completion of training, the guide dog allows a skilled handler to travel more easily, more quickly, and with greater safety. There are several guide dog organizations in the United States.

> 1. <u>Guide Dogs of Texas, Inc.</u> 800-831-9231, 210-366-4081 <u>www.guidedogsoftexas.org</u> 1503 Allena Drive San Antonio, Texas 78213

2. <u>Guide Dogs for the Blind</u> National Headquarters Mailing Address PO Box 151200, San Rafael, CA 94915 California Campus: 350 Los Ranchitos Rd., San Rafael, CA 94903 Oregon Campus: 32901 SE Kelso Rd., Boring OR 97009 Phone: 1-800-295-4050

https://www.guidedogs.com

"Since 1942, Guide Dogs for the Blind (GDB) has been creating partnerships between people, dogs, and communities. With exceptional client services and a robust network of instructors, puppy raisers, donors, and volunteers. We prepare highly qualified guide dogs to serve and empower individuals from throughout the United States and Canada who are blind or have low vision.

All of the services for our clients are provided free of charge, including personalized training and extensive post-graduation support, plus financial assistance for veterinary care, if needed. Our work is made possible by the generous support of our donors and volunteers; we receive no government funding."

8. PREVENT BLINDNESS TEXAS SOUTHWEST TEXAS REGION

210-236-7360

www.preventblindnesstexas.org

1600 N.E. Loop 410, Suite 125 San Antonio, Texas 78209

Prevent Blindness Texas San Antonio

Eyecare Referral Services for Adults and Children

Sight for Students Program

- National program for free eye exams & glasses for children who qualify. PBTX determines eligibility.
- PBTX will issue a gift certificate and list of vision services provider doctors.
- Completed application required.

Healthy Eyes Eyeglass Program

- Client must meet certain eligibility criteria.
- Completed application required, plus an eye prescription that's less than a year old.

See Prevent Blindness Texas website for more information and applications.

National Programs

Eye Care America <u>www.eyecareamerica.org</u> 1-877-887-6327

- Volunteer ophthalmologist network, at no cost to qualified individuals (US citizens, legal residents). Provides medical eye care only, doesn't provide eyeglass prescriptions, or cover cost of eyeglasses.
- Patients 65 and greater with no eye exam in 3 years or more can be eligible for an eye exam and up to 1 year of care at no cost.
- Patients at risk of glaucoma (by age, race, or family history) with no eye exam in more than 12 months may be eligible for free glaucoma eye exams if they are uninsured.

Receptacle: http://<u>www.respectacle.org</u> mailto:LynchMD@respectacle.org

- Respectable is a 501(c)3 nonprofit organization that uses the power of the Internet to facilitate redistribution of quality, used eyeglasses to underserved communities worldwide.
- Our glasses are donated by members of our community. They are then cleaned, categorized, and loaded into our online database based on their prescription.

Infant-SEE American Optometric Association http://<u>www.infantsee.org</u> 1-888-396-EYES (3937)

• Provides a comprehensive eye exam and vision assessment for infants within first year of life regardless of family's income or access to insurance coverage.

New Eyes for the Needy

https://www.new-eyes.org/ 1-973-376-4903

- Eye glass voucher program for new prescription glasses.
- Vouchers can be obtained through social service organizations, or from a school nurse.

Vision USA (American Optometrist Association) http://www.aoafoundation.org/vision-usa/ 1-800-766-4466

- Free eye exams to eligible low-income people.
- For those who have had no eye exams for more than 24 months and are a US citizen or legal resident.
- Patient must work with a charitable organization, social worker, case worker, or community health agency to submit an application.
- Prospective client must provide household income for verification of eligibility.

Statewide Programs

Cataract Surgery for the Uninsured

www.hosmd.org 1-713-876-4448

• Provides cataract surgery for eligible, uninsured patients in any county in Texas.

- Pre-op testing, meds, surgical costs, and post op care at no cost or minimal cost.
- Restricted to uncomplicated cataracts.
- Application required.

BEST Program (Blindness, Education, Screening, and Treatment of the TX Dept. of Rehabilitation Services, Division of Blind Services) 1-877-787-8999

- Qualified people may include diabetic retinopathy, glaucoma, detached retina, and other medical necessities.
- Voluntary donations fund this program and may be limited or restricted.
- Calendar of scheduled screenings for San Antonio and Southwest Texas can be found online.

BEXAR County Programs I care San Antonio <u>www.icare-sa.org</u> 1-210-220-2370

9. MEAL HOME DELIVERY

Christian Senior Services <u>Meals on Wheels</u> 210-735-5115 www.christianseniorservices.org 4306 N. W. Loop 410 San Antonio, Texas 78229 Delivery of meals to home bound seniors over the age of 60.

10. SENIOR COMPANIONS

210-735-5115 www.christianseniorservices.org 4306 N. W. Loop 410 San Antonio, Texas 78229 Companionship and personal assistance provided by senior volunteers to home bound seniors.

11. ASSISTED LIVING

Alamo Service Connection 210-477-3275 www.alamoserviceconnection.org 8700 Tesoro Drive Suite 700 San Antonio, Texas 78217- 6228 The ASC can provide information on the many Assisted Living and Retirement communities throughout the city.

12. SAN ANTONIO LOW VISION CLUB

(Service of Low Vision Resource Center) 210-829-4223 <u>www.lowvisionclub.org</u>

The San Antonio Low Vision Club has a membership of more than 900 area residents. Its objective is to assist those experiencing significantly reduced or total vision loss to discover ways to continue daily activities and maintain their independence.

Monthly meetings include presentations designed to keep members informed about the latest medical research into eye diseases and how local resources can assist them. Members also enjoy social functions several times a year.

We are a non-profit 501(c)(3) organization. There is no fee to join but donations are appreciated. An application is attached.

13. OWL RADIO

(Service of Low Vision Resource Center) Radio Reading Service 210-829-4223

www.owlradio.org

mailto: owlradioguy@gmail.com

1250 N. E. Loop 410, Suite 630 San Antonio, Texas 78209-1524

Three ways to Listen Live

Request a radio By phone, call (605) 468-5722 Streaming, go to <u>www.owlradio.org</u>, click on "Listen Live" (you must receive a password and become an online listener)

OWL Radio is a community service for area residents who are unable to read newspapers or other printed information. It is brought to you by The Low Vision Resource Center and Texas Public Radio.

OWL Radio volunteers read the San Antonio Express-News for three hours daily. The remainder of programming for the 24-hour service is provided via satellite or the internet by nationally-syndicated reading services for the blind. Transmissions can be picked up within 40 to 50 miles from the transmitter located near Helotes.

Persons wishing to participate should complete an OWL Radio application (attached). There is no charge, but a \$35 tax deductible donation to cover the cost of the radio is appreciated.

14. SAN ANTONIO OASIS

210-236-5954

www.oasisnet.org

Main Office 700 Babcock Rd. San Antonio, Texas 78201 Oasis promotes healthy aging through lifelong learning, active lifestyles and volunteer engagement. Classes are fee based.

15. SAN ANTONIO INDEPENDENT LIVING SERVICES

1028 S. Alamo, San Antonio, Tx 78201 210-281-1878

- Benefits Assistance
- Relocation Services
- Recreation/Social Events
- Deaf/Blind Support Services

16. OPEN EYES LIFE COACHING & CONSULTING

PO Box 5631, San Antonio, Tx 78210

jurondan@yahoo.com

www.openeyeslifecoachingandconsulting.com

- Advocate-Inspirational Speaker
- Support group facilitator for the blind and visually impaired

SECTION VI: SERVICES

1. SAN ANTONIO PUBLIC LIBRARY

210-207-2500

www.mysapl.org

600 Soledad San Antonio, Texas 78205

The San Antonio Public Library has many useful aids for low vision patrons. Some of the services available are:

Materials-By-Mail

Materials are available through the mail for homebound individuals.

Audio Books

The library has a large collection of audio books in a variety of formats. These include books on CD's and downloadable audio books.

Closed Circuit Television (CCTV)

CCTVs are available at most locations of the San Antonio Public Library. These devices allow material to be greatly magnified onto a monitor. Books, letters, pictures etc. can all be magnified by using these devices.

<u>Monomouse</u>

This is a portable CCTV device that looks like a computer mouse. It plugs into a standard television set. Whatever you roll the mouse over is magnified onto the TV screen. These devices can be placed on hold like a book and sent to any branch for pickup.

Computer Terminals for the Visually Impaired

Jaws, OpenBook, ZoomText, or Magic software is available on a computer at most library locations. The JAWS and OpenBook software can be used to access the Internet, use MS Office products and, with the use of a scanner, listen to printed material such as books or magazines. ZoomText and Magic software allow a user to magnify the material on the computer screen up to 16 times its original size.

Large Type Books

A large collection of large type books are available in the library system. These titles can be sent to any of our branches and mailed out to homebound patrons.

Descriptive Videos

Many of the DVD's the library has obtained in the past several years have an additional audio track which features a narrator subtly describing the action which is taking place. This allows an individual with a visual disability the opportunity to more fully enjoy the video experience.

2. BEXAR COUNTY BIBLIOTECH LIBRARY 210-631-0180 www.BexarBiblioTech.org

Several locations throughout Bexar County.

Bexar County has established the first electronic library in the United States. Using the computers at the library or your own electronic devices, you can access library materials including newspapers, magazines, books, music, movies, and technology training courses. Bookshare: 1-650-644-3449, Matt Hattoon, <u>www.bookshare.org</u> It is the world's largest accessible online library for people with print disabilities and a Global Literacy initiative of Benetach. There is a fee to use this service.

3. DRIVING WITH LOW VISION TEXAS DEPARTMENT OF PUBLIC SAFETY Driver License Office 210-531-2240, <u>www.txdps.state.tx.us</u>

The Texas Department of Public Safety, Driver's License Division, can provide information regarding visual standards.

Driving depends on many visual skills that are not related to an eye chart. Depending on overall visual performance, a person with moderate vision loss can earn driving privileges. Before any license would be issued, the low vision person would have a stringent road test that carefully tested his or her capacity to drive safely. Once issued, the license could have a number of restrictions.

4. HANDICAPPED PARKING

210-335-2251

www.txdmv.gov

Print the form (VTR 214) and ask your physician to certify that you qualify for the Disabilities License Plate.

Any family that has a member with severe vision loss may qualify to have a special parking permit for the handicapped.

A person's medical condition must meet the legal definition of a disability to qualify. "Disability" means a condition in which a person has:

- Visual acuity of 20/200 or less in the better eye with correcting lenses.
- Visual acuity of more than 20/200 but with a limited field of vision in which the widest diameter of the visual field is an angle of 20 degrees or less

• Mobility problems that substantially impair a person's ability to move around.

You may apply for your disabled parking permit or obtain further information at your nearest Bexar County Tax Assessor Office.

5. U.S. MAIL

800-275-8777

www.usps.com

The U. S. Postal Service provides limited free postal service for the blind. Publication #347 "Mailing Free Matter for Blind and Visually Handicapped Persons" is available on-line or by calling the Postal Service. This booklet has questions and answers on eligibility, restrictions, etc.

6. TELEPHONE DIRECTORY ASSISTANCE

Many telephone providers offer free directory assistance to qualified customers. Please contact your telephone provider for more information.

7. TELEPHONE AND ELECTRIC BILL PAYMENT ASSISTANCE

888-782-8477

www.puc.state.tx.us

Discounts on monthly telephone and electric bills, assistance with phone calls, and phone assistive equipment are available for qualified customers.

8. BANKING

Many banks offer services for those with visual impairments. These include 24 x 7 live customer service via phone, ATMs with Braille capability, large print checks, or oversized checks. Contact your bank for more information.

9. FEDERAL INCOME TAXES

Internal Revenue Service 800-829-1040, <u>www.irs.gov</u>

If your best corrected visual acuity is 20/200 or less in the better eye, or your field of vision is 20 degrees or less, you are eligible for an additional exemption on your federal income tax return. You must attach to your return each year a certified statement from a Doctor of Optometry or Ophthalmology.

If this eye condition will never improve beyond these standards, the certified statement should state this opinion.

10. SOCIAL SECURITY

800-772-1213, <u>www.socialsecurity.gov</u>

Social Security (SS) may pay benefits to people who are blind under two programs: the Social Security Disability insurance program and the Supplemental Security Income (SSI) program. The medical rules to validate whether you are blind are the same for each program. Other rules are different for each program.

You may qualify for Social Security or SSI disability benefits if you are considered "legally blind." SS considers you to be legally blind if your vision cannot be corrected to better than 20/200 in your better eye, or if your visual field is 20 degrees or less in your better eye.

If your vision does not meet the legal definition of blindness, you may still qualify for disability benefits if your vision problems alone are combined with other health problems prevent you from working.

For more information about Social Security disability benefits, contact Social Security to get Disability Benefits (Publication No. 05-10029). This booklet is also available in Braille.

Social Security disability benefits are not retroactive, so it is important to apply for them immediately after qualifying.

11. HADLEY SCHOOL FOR THE BLIND Tuition-Free Distance Education 800-323-4238 <u>www.hadley.edu</u> 700 Elm Street, Winnetka, Illinois 60093-2554

The Hadley School for the Blind is a distance education school and offers more than 100 courses in a variety of different media formats. The custom, one-on-one service allows students to work at-their-ownpace and benefit from Hadley's expertise regardless of where they live.

PROGRAMS:

<u>Academic and High School Studies</u>: Features academic courses and electives for students who seek to earn a high school diploma. Students can earn high school credit, which is easily transferred to their local schools, or earn a diploma through Hadley.

<u>Adult Continuing Education Studies</u>: Covers topics ranging from Braille and academic studies to independent living, life adjustment, technology and recreation.

<u>Family Education Program</u>: Offers courses of interest to parents of blind children and family members of blind adults. Focuses on independent living, technology, advocacy and adjustment to blindness issues. Topics include child development, independent living and Braille instruction.

<u>Hadley School for Professional Studies</u>: Offers parents, family members, caregivers, and professionals information and guidance on working with visually impaired people.

12. NFB-NEWSLINE®

866-504-7300

www.nfbrewsline.org

NFB-NEWSLINE® provides free access via telephone or computer to 300+ newspapers and magazines across the United States.

13. TEXAS TALKING BOOKS

(Texas State Library) 800-252-9605, 512-463-5458 <u>www.tsl.texas.gov</u> Box 12927 Austin, Texas 78711-2927

Provides free library service to Texans of all ages who are unable to read standard print material due to visual, physical, or reading disabilities-whether permanent or temporary.

Books and magazines are available in different formats, mainly digital, but also in Braille and large print. Books are delivered to your home and returned through the mail free of charge. The program offers thousands of titles in fiction and nonfiction, plus national magazines for adults and children.

14. DESCRIPTIVE VIDEO SERVICE (DVS)

Those with low vision who have difficulty seeing the visual images on film may benefit from films that have been dubbed with a narration that describes the visual moments on the film. Thus, all the original sound and words within the film remain, while a descriptive narration brings the film's images to life.

Regal theaters, and perhaps others, in San Antonio, offer DVS for its movies.

The Federal Government has mandated that a portion of TV programs must be provided in accessible (DVS) format. Check with your local TV stations to determine availability.

SECTION VII: TRANSPORTATION

1. VIATrans PUBLIC TRANSPORTATION

Specialized Transportation 210-362-2140 (to apply for services)

www.viainfo.net

(click on Accessible Services)

VIATrans is San Antonio's specialized public transportation service for riders with special needs. If you meet the definition of legal blindness, you may qualify for this service. The current fare is under two dollars per ride but you must obtain a VIATrans ID to use the service. The ID also allows VIATrans riders, their personal care attendants, and companions with VIA IDs to ride the bus, streetcar, and special event services free.

2. VIATrans TAXI SUBSIDY SERVICE 210.666.6666

www.viainfo.net/viatrans

VIATrans customers can call Yellow Cab of San Antonio to schedule a subsidized taxi ride.

3. MEDICAL TRANSPORTATION PROGRAM

877-633-8747

www.tmhp.com

(click on Non-Emergency Transportation Providers box on right side of screen)

Provide transportation to Medicaid health care provider.

The Non-Emergency Medical Transportation Program (MTP) is a statewide program that is responsible for ensuring that eligible clients of Medicaid, Children with Special Health Care Needs (CSHCN) Services Program, and Transportation for Indigent Cancer Patients (TICP) who have no other means can be transported to their medical and dental appointments.

Transportation services can include:

- Providing tickets to use fixed-route and special transit public transportation bus systems.
- Arranging a demand-response transportation service provided by vendors that use buses, vans, or sedans.
- Distributing up-front funds or reimbursement for meals, lodging and transportation costs for eligible recipients and their accompanying parent/guardian when health-care services require overnight or extended stays and/or travel to another city or even out-of-state. These services are available for clients through 20 years of age.
- Reimbursing a friend, neighbor, or family member for gas to drive a client in a personal vehicle to a scheduled health-care appointment by enrolling the person as an Individual Transportation Provider (ITP).

4. CALL A RIDE FOR SENIORS

You may find information about these escorted transportation options by visiting the following website:

www.callarideforseniors.org

210-477-3275

Four non-profits provide free transportation for seniors and people with disabilities. This includes services such as transportation to medical appointments, the grocery store, pharmacy, and more. Call to locate the one serving your local area.

> INSIDE SAN ANTONIO Jefferson Outreach for Older People (Northwest) 210-734-5016 2201 Saint Cloud Rd. San Antonio, Texas 78228

North East Senior Assistance (Northeast and South) 210-967-6372 2903 Nacogdoches Rd. San Antonio, Texas 78217 South East Community Outreach for Older People (Southeast) 210-359-6678 1602 Goliad Road San Antonio, Texas 78223

<u>Ride Connect Texas</u> (Southwest) 517 S.W. Military Dr., San Antonio, TX 78221, (210) 558-0007

> "OUTSIDE" SAN ANTONIO WITHIN BEXAR COUNTY

Greater Randolph Area Services Program 210-658-6351 250 Donalan Dr. Converse, Texas 78109

GRASP is available to seniors living outside the San Antonio city limits on the east side, (Windcrest exception). They provide special transportation services for a fee, community meals in Converse and more.

"OUTSIDE" BEXAR COUNTY

The <u>Alamo Regional Transit</u> system provides low cost transportation services in eleven rural counties. 866.889.7433

www.aacog.com/art

The <u>Rides for Veterans</u> program provides transportation for veterans in Bexar and 12 surrounding counties.

210.362.5254

mailto:vetrides@askasc.org

Fredericksburg Medical Transportation (Gillespie County) provides transportation for medical appointments. 830.997.9756

www.needscouncil.org

The <u>Rides In Sight</u> website may reveal additional transportation options in your area. www.ridesinsight.com

5. CALL-A-RIDE 4 VETS

210.362-5254 This program provides veterans and their families free transportation throughout Bexar and 12 surrounding counties.

SECTION VIII: EYE GLASSES, EXAMS, MEDICAL EYECARE

The following organizations may assist with eye exams, treatment, or purchase of eye glasses.

SAN ANTONIO AND BEXAR COUNTY PROGRAMS <u>Rosenberg School of Optometry</u> <u>Incarnate Word College</u> 210-283-6800, <u>www.uiw.edu/optometry</u> Provides eye exams on sliding scale according to ability to pay.

> Prevent Blindness Texas 210-236-7360 www.preventblindnesstexas.org Vision screenings and vouchers for eye glasses for those who qualify.

<u>I Care San Antonio</u> 210-220-2370, www.icare-sa.org Provides eye exams, glasses, and medical/surgical eye care to those who cannot afford it.

> TEXAS PROGRAMS <u>Cataract Surgery for the Uninsured</u> 713-876-4448, <u>www.hosmd.org/UTMB</u>

Provides cataract surgery for uninsured patients in any county in Texas. Blindness, Education, Screening, and Treatment

Medical treatment for diabetic retinopathy, glaucoma, detached retina, and other medical necessities.

Texas Workforce Commission

Medical treatment for diabetic retinopathy, glaucoma detached retina and other medical necessities. 800-628-5115

NATIONAL PROGRAMS <u>Eye Care America</u> 877-887-6327 www.eyecareamerica.org

Volunteer ophthalmologist network.

Provides medical eye care but no eye glasses.

Infant-SEE American Optometric Association 888-396-3937

www.infantsee.org

Provides a comprehensive eye exam and vision assessment for infants within first year of life.

New Eyes for the Needy 973-376-4903

www.new-eyes.org

Eyeglass voucher program for new prescription glasses.

<u>Vision USA</u> American Optometrist Association 800-766-4466 www.aoa.org/visionusa

Free eye exams to eligible low-income people.

Medicare

www.medicare.gov

Medicare will generally pay for one set of eye glasses or contact lenses only following cataract surgery that implants lenses.

SECTION IX: ADAPTIVE AIDS FOR SALE

There are many adaptive aids available for people who are visually impaired.

<u>Closed Circuit Television (CCTV)</u> provides magnification that far exceeds that of optical magnifiers, and for some patients, CCTVs may be essential. Currently, several manufacturers offer a variety of CCTV devices that are especially designed for patients with low vision.

If your low vision provider prescribes a CCTV device, there are many possible suppliers. Ask your low vision provider for further advice regarding the possible CCTV options. CCTVs can be very expensive.

San Antonio and South Texas distributors include:

<u>Christal Vision</u> 210-666-0700 <u>www.christal-vision.com</u> 106 Evans Oak Lane, San Antonio, Texas 78260

San Antonio Lighthouse for the Blind Low Vision Store 210-533-5195 <u>www.salighthouse.org</u> 2305 Roosevelt Ave., San Antonio, Texas 78210

HIMS 888-520-4467 www.hims-inc.com

4616 W. Howard Lane, Suite 960, Austin, Texas 78728

Internet and catalog sources include:

Independent Living Aids 800-537-2118 www.independentliving.com LS & S Group 800-468-4789 www.lssproducts.com

<u>Maxiaids</u> 800-522-6294 <u>www.maxiaids.com</u>

The Low Vision Store 800-871-8780 www.lowvisionstore.org

Sight Connection 800-458-4888 www.sightconnection.com

SECTION X: SOFTWARE AND APPS

Computer software and smartphone applications are available to assist people with visual impairments. Most manufacturers include magnifiers and screen reading technologies on their computers. Smartphones allow users to turn on screen reading capabilities to facilitate operation and access apps such as navigation, currency determination, and many other aids.

You may determine features of interest when you shop for computers or smartphones.

SECTION XI: NATIONAL ASSOCIATIONS, LOCAL CHAPTERS, AND WEBSITES

1. AMERICAN COUNCIL OF THE BLIND 800-424-8666, 202-467-5081, 210-492-4420 www.acb.org Alamo Council of the Blind www.acbsatx.org

2. AMERICAN FOUNDATION FOR THE BLIND

800-232-5463, 212-502-7600

www.afb.org

3. BLINDED VETERANS ASSOCIATION

202-371-8880

www.bva.org

South Texas Regional Group 210-646-7803 San Antonio (210) 639-4141, Wally Guerra (Please contact the LVRC for local contact information.)

4. FOUNDATION FIGHTING BLINDNESS

800-683-5555 www.blindness.org

5. LIGHTHOUSE INTERNATIONAL

800-829-0500

www.lighthouse.org

6. NATIONAL EYE INSTITUTE

301-496-5248

www.nei.nih.gov

Many other associations, foundations, and websites can be located on the internet.

SECTION XII: LOW VISION RESOURCE CENTER APPLICATIONS

1. Owl Radio

2. San Antonio Low Vision Club (next pages)

APPLICATION FOR RADIO RECEIVER



Return completed form to:

Owl Radio 1250 NE Loop 410, Suite 630 San Antonio, TX 78209 Que FOR OFFICE USE ONLY: Date Received: Radio ID Number: Delivery Date:

TX 78209 Questions? Call (210) 829-4223

How would you like to listen to Owl Radio?

Please send a radio receiver (you must be within our broadcasting range)

- **By telephone at 605-468-5722**
- □ On-line at www.owlradio.org

APPLICANT INFORMATION:

DATE://	NAME:	
STREET ADDRESS:		
CITY:	STATE:	ZIP:
PHONE: ()	E-MAIL:	
DATE OF BIRTH:/	_/ SEX:	□ Male □ Female
ETHNICITY: D White D Bl	ack 🛛 Hispanic 🖵 Ameri	can Indian 🗖 Asian 🗖 Other
MEMBER OF THE LOW VIS	SION CLUB: 🗖 Yes 🗖 N	o 🗖 Would Like Information
NEAREST RELATIVE	OR FRIEND:	
NAME:	RELATIONS	HIP:
STREET ADDRESS:		
CITY:	STATE:	ZIP:
PHONE: ()	E-MAIL:	

DONATION: Though provided free of charge, Owl Radio must purchase our receivers. A donation of \$35.00 or more is appreciated, but not required, to help pay for this service. Checks or money orders should be made payable to Low Vision Resource Center. Your donation is tax deductible.

RECIPIENT AGREEMENT:

I am applying for a special radio receiver from the Low Vision Resource Center. I agree to return the radio receiver when I no longer have use for it or if I move out of the broadcast area.

APPLICANT'S SIGNATURE: _____ DATE: ____/ ___

CERTIFICATION OF STATUS FOR OWL RADIO RECEIVER

CERTIFICATION:

I certify that ______ is unable to read standard size print due to the following visual, physical and/or perceptual reason

SIGNATURE:	DATE:	//	
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PROFESSIONAL MAKING CERTIFICATION:

NAME:	TELEPHONE: ()				
□ MD □ Psychologist Counselor	Ophthalmologist	Optometrist			
Teacher Rehab Work	ker D Other Title: _				
COMPANY/ORGANIZATIO	DN:				
I HEARD ABOUT OWL	RADIO FROM:				
Texas Department of Assistiv	ve and Rehabilitative Serv	vices 🖵 Prevent Blind	iness		
Veterans Administration	□ Lighthouse □	Other:			

Low Vision Resource Center & Owl Radio 10/03/2017

Low Vision Club Application

Name:			
Address:			
City:	State: _	Zip	Code:
Home Telephone:	Work Telephone:		
Cell Phone:			
Email Address:			
How did you hear about the	e Low Visio	on Club?	
What is your eye disease or	condition	?	
What is your birthdate?		(info used	for grant applications)
Are you a veteran?Y	ES	_NO	
Are you a member of Owl R	adio?	YES	NO
Would you like information	about Ow	/l Radio? _	YESNO
Other comments or informa	ation?		
Mail completed application to: Cindy Garcia Low Vision Resource Center 1250 NE Loop 410, Suite 630 San Antonio, TX 78209			tions? 29-4223