

Adaptive Skills Instruction

Learn adaptive skills to become empowered on your path leading to employment.

What you can expect

Your counselor will work with you to determine needed services that will be added to your Individual Plan for Employment (IPE). Together you and your counselor will discuss problems that you are having related to vision at work or at home. You should describe your specific job tasks and explain to your counselor what you are unable to do because of your vision. If you choose to receive this specialized instruction, we will provide referrals to our partner the Vermont Association for the Blind and Visually Impaired. An instructor will meet you at your desired location to do an assessment of needs and make recommendations for the best services. DBVI will provide funding for the assessment and training that will help you meet your specific goals in your IPE.

Here is what you do

It is important that, to the best of your ability, you work together with your counselor and express problems that you have completing tasks related to your vision.

Here are some tips:

- Be very clear when describing problems you are having with your vision and completing tasks at work or at home.
- Your eventual success in finding work depends on you learning these new skills. Therefore, it's important that you attend all of your appointments and arrive on time.
- Practice makes all the difference. Be sure to practice the skills you learn in adaptive training sessions.

Orientation and Mobility Instruction

You will learn to safely negotiate familiar and unfamiliar areas. Instruction is focused on safety when using public transportation, proper techniques for crossing at marked and unmarked intersections, navigating stairways, and traveling on uneven terrain. You may request that sighted guide techniques are demonstrated at work or in your community.

Rehabilitation Teaching

This type of instruction involves learning new ways to complete tasks at home and in the workplace. These may be tasks that you thought you may never be able to do again because of your vision loss. You will gain independence and competency in many ways by learning techniques for organizing your work space and strategies for keeping track of telephone numbers and appointments. You can also acquire skills to help with everyday tasks and learn new methods for cooking and cleaning. Improving your independent living skills will help you in your path to remain independent, job ready, and employed.

Low Vision Instruction

This instruction helps you to maximize the use of your remaining vision. The instructor will evaluate your situation, read reports and recommendations from your eye doctor, and then create lessons to help you use magnification and appropriate lighting to help you complete tasks on the job and at home. You will learn methods to best utilize your remaining vision. Your worksite will be evaluated for optimizing contrast, reducing glare, and finding ways to use magnification.