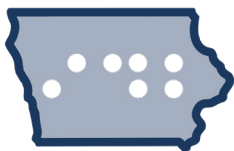




# INDEPENDENT LIVING SERVICES FOR BLIND & LOW-VISION ADULTS



Iowa Department  
for the Blind



Eligibility  
determination  
required



Application, Eligibility  
Determination, and  
Teaching Services  
Free of Charge



Available in  
each of Iowa's  
99 counties

Iowans who are blind or losing vision and are determined eligible for Independent Living services through the Iowa Department for the Blind can receive individual training at home, during six-hour small-group training, community-based trainings nearby, and at week-long Independent Living Integration sessions at the Department's training Center in Des Moines.



# Iowa Department for the Blind

## THE PROGRAM:

Our program is designed to provide a broad range of customized individual and group services, empowering low-vision or blind Iowans to achieve their desired level of independence at home and in their communities. We work with each program participant to identify their training needs and find unique solutions to address them.

## TYPICAL TOPICS COVERED IN TRAINING INCLUDE:

- Preparing meals safely
- Identifying foods, medication identification systems, appliance dials, and clothing using various methods
- Traveling independently with a long white cane
- Tracking time, money, and a calendar, and operating a phone using blindness or low-vision techniques
- Finding reading materials in accessible formats
- Enjoying established hobbies or learning new ones using a few different techniques

For more information about our services, or to refer a blind Iowan, contact us today:

**Phone:**

515.901.8621  
1.800.362.2587

**Email:**

[contact@blind.state.ia.us](mailto:contact@blind.state.ia.us)

**Referral Form:**

This contains a QR Code

