



**Iowa Department
for the Blind**

**Are you blind or losing
your vision?**

**Are you over age 55, or
younger with vision loss
and another disability?**

**Can you no longer do the
things you love to do?**

If you are losing vision or blind, you may worry you will no longer be able to do your day-to-day tasks and activities. The Independent Living Program at the Iowa Department for the Blind can help with training, tips and tricks, all tailored to you! We can help you take back your life!



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AT HOME TRAININGS:

A program teacher will meet with you in your home to discuss the problems you are having. Together you will create a plan to help you:

- Prepare meals safely
- Label appliances and stored foods
- Label medicines and access health devices
- Label and match clothing
- Use a long white cane
- Keep track of time, money, and your calendar
- Use your phone
- Sign your name, write checks, and create shopping lists
- Access books, newspapers, and magazines
- Enjoy your hobbies again

SMALL GROUP TRAININGS:

Teachers also offer small group trainings in or near your area, and week long trainings at our Center in Des Moines. At these sessions, you will receive more in-depth training while getting a chance to know others with vision loss.



APPLY TODAY!

Phone:

515.901.8621

1.800.362.2587

Email:

contact@blind.state.ia.us

Website:

blind.iowa.gov

Referral:

This contains a QR Code

