



COPING WITH SIGHT LOSS IN NORTHERN CALIFORNIA

Eighth Edition

Coping With Sight Loss is constantly
updated on the internet at
www.eyefinfo.org

Produced by

**PREVENT BLINDNESS
NORTHERN CALIFORNIA**

Affiliate of Prevent Blindness America®

4200 California Street, Suite 101

San Francisco, California 94118 -1367

Telephones: 1(415) 387-0934

1(800) 338-3041 (in Northern California only)

Fax: 1(415) 387-1689

E-mail: pbnoca@aol.com

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COPING WITH SIGHT LOSS IN NORTHERN CALIFORNIA

Eighth Edition, 2000

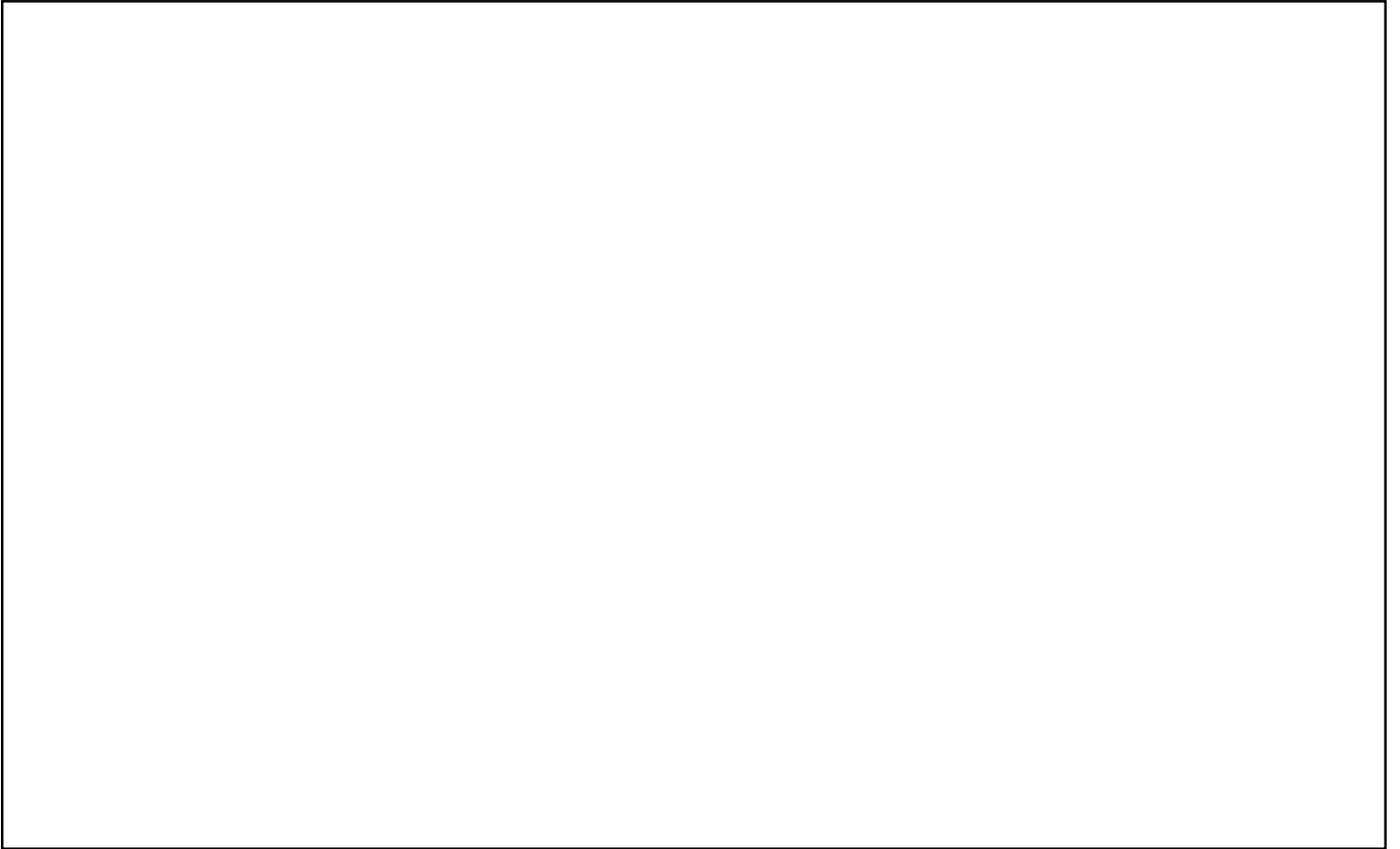
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**Preschool Vision Screening
Prevent Blindness Northern California**

Contact us if you would like more information about preventable causes of blindness, or if you would like to assist with our various volunteer programs at locations near you in northern California. One program most in need of volunteers is preschool vision screening in your community.

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OR WRITE TO US:

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NORTHERN CALIFORNIA**

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San Francisco, CA 94118-1367

pbnoca@aol.com

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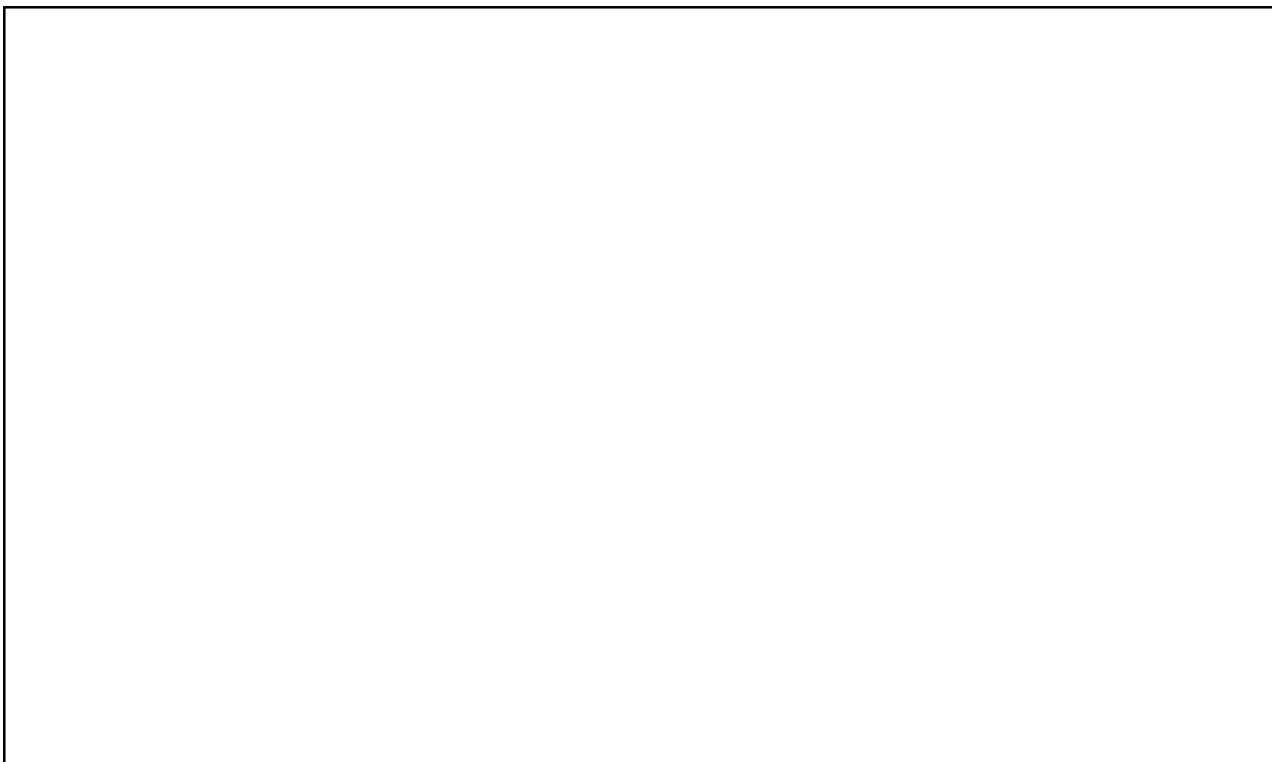
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**Preschool Vision Screening
Prevent Blindness Northern California**

I. INTRODUCTION

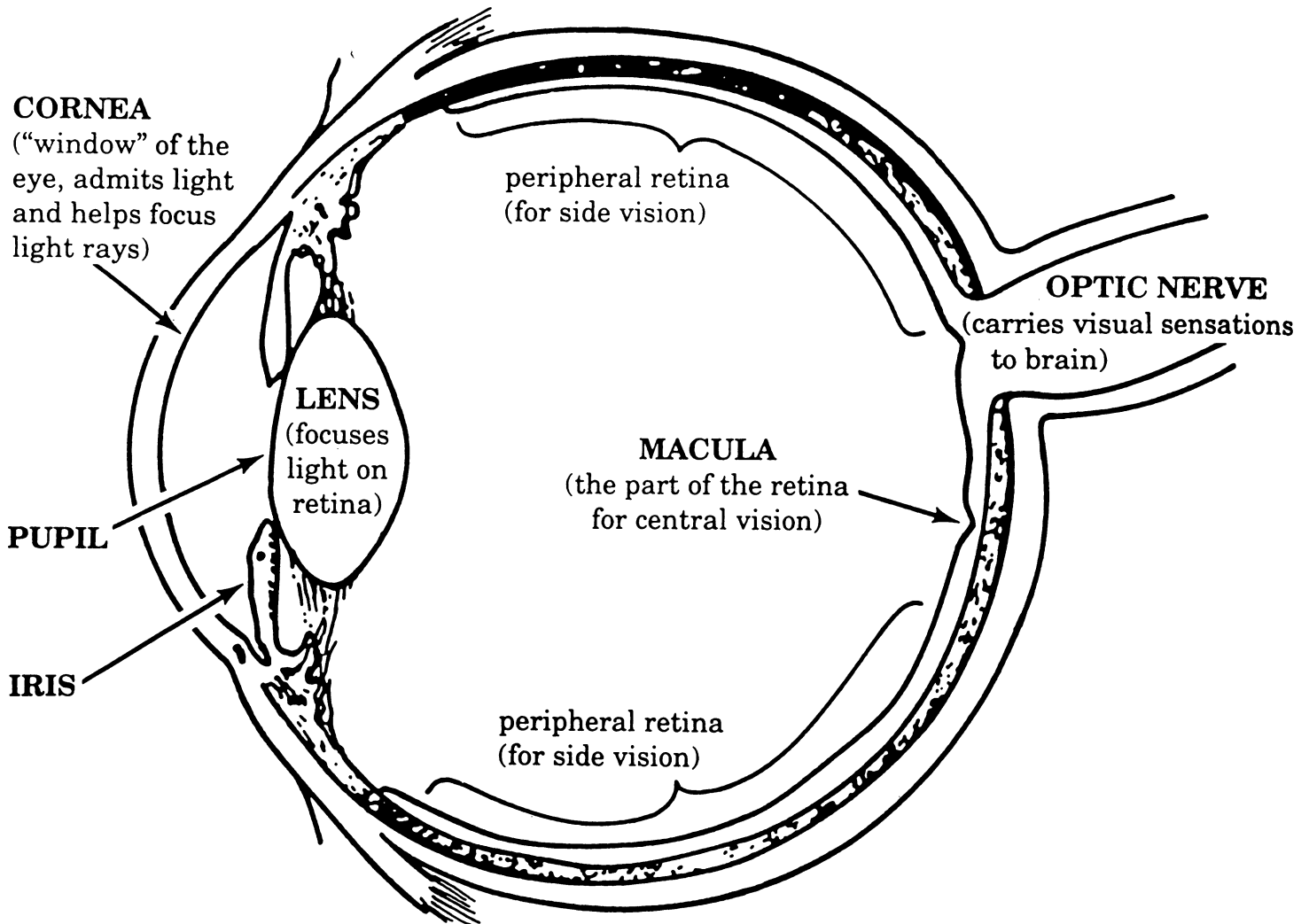
If you have partially lost your sight, or are losing it, or if a member of your family or a friend has loss of sight, you know the many problems that occur and the need for help.

This book is meant to help with some of the problems associated with loss of sight. It should be useful to those who have sight loss as well as to professionals who educate and counsel persons with sight loss. Beginning on page 41, resources available to persons with vision problems are listed according to type of services offered, starting with financial assistance, education and training, recreation, etc. On pages 7 to 18, organizations and services mentioned in this book are listed alphabetically. On pages 19 to 25, northern California agencies are listed according to county.

This book is not intended to provide information about all aspects of sight loss. The list of resources provides entry into the community system rather than listing all available resources.

Members of the Medical Advisory Committee of Prevent Blindness Northern California reviewed the contents of this book. Their names are listed on the last two pages along with those of staff members and others who compiled and edited the manuscript.

CROSS SECTION OF THE EYE



II. HOW YOU SEE AND WHAT CAN IMPAIR YOUR VISION

How Do You See?

Vision depends on light, either from the sun or from an artificial source such as a light bulb. Light reflects from objects and enters your eyes through a clear covering, the *cornea*, over the front of the eye. The cornea does most of the focusing of light onto the retina. Behind the cornea is the *lens*, which does some of the focusing and enables the eye to vary its focus. Thus an image is formed on the back of the eye, on the *retina*. The most light-sensitive point of the retina, near its center, where sharpest vision is achieved, is called the *macula*. The retina turns the picture into tiny electric impulses that are sent by way of the *optic nerve* to the brain, where seeing actually occurs. The diagram of the eye on page 28 shows where the various parts of the eye are located.

Central vision is what you see when you look straight at an object. *Peripheral (side) vision* is what you see of the area surrounding the object at which you are looking. In central vision, the picture is focused on the macula. You look at a word on a page with your central vision, and with your peripheral vision you can tell if the word is at the beginning or end of the line or at the top or bottom of the page. Even while you are reading with central vision, you can see someone enter the room with your peripheral vision. Peripheral vision also lets you walk or drive without bumping into or stumbling over objects. Central vision sometimes is called “seeing or reading” vision and peripheral vision is called “travelling” vision.

If your eyes are normal, you can find out what loss of central vision is like by closing one eye and holding a penny directly in front of the other eye and trying to look “through” the penny at a word or at a distant sign. You cannot see straight ahead, but you can see the surrounding area. You can find out what loss of peripheral vision is like by closing one eye and then looking through a long tube of newspaper with the other eye. Under this circumstance, you can see straight ahead but cannot see the surrounding area.

Central vision is measured by looking from a distance of 20 feet

at a chart printed with numbers or letters of different sizes. If you can read the small letters near the bottom of the chart, your central vision is said to be 20/20, meaning that you can see at 20 feet what a normal eye sees at 20 feet. If you are 20 feet away from the chart and you can read only the top line, your central vision is much poorer and is 20/200. In this case you are 20 feet away from the chart and are able to read only those numbers that a normal eye can read at 200 feet from the chart. In between these levels there are various gradations of vision, corresponding to visual acuity of 20/30, 20/50, etc., following the same principle.

Peripheral vision is measured by focusing your eyes at a spot straight ahead and then telling the examiner when you see a light or object, which is slowly brought from above or below, from left or right, into your field of vision. Normal peripheral vision (called the *visual field*) for one eye is approximately 150 degrees from side to side, and for both eyes is approximately 180 degrees. Depending upon the visual problem, all or only part of the visual field may be affected. The fewer the degrees of peripheral vision, the greater the loss of vision.

What Is Legal Blindness?

The term legal blindness is used by the Internal Revenue Service and others to determine whether you are eligible for disability benefits or for certain other benefits or services. There are two definitions of legal blindness, depending upon whether you have lost central or peripheral vision. You are legally blind if central vision in your better eye, with the best correction possible with contacts or glasses, is no better than 20/200, or if peripheral vision is no greater than 20 degrees diameter (10 degrees radius) in your better eye. You are not legally blind if you are blind in only one eye.

Legal blindness does not necessarily mean total blindness. For example, you may still be able to read with special magnifying lenses and devices. If your peripheral vision is good, you may also be able to move about without difficulty even though your central vision is poor. On the other hand, you may be legally blind with respect to peripheral vision but be able to read, even though you are not able to move about easily—especially in dim illumination such as at dusk or nighttime.

Some Common Problems Affecting Your Vision

Many of the conditions affecting vision are progressive; however, early diagnosis and treatment may prevent or slow deterioration.

Some conditions are difficult to recognize early in their course, but when possible, early diagnosis and treatment are often of great benefit. The presence of one condition in your eye does not mean that another entirely different problem cannot occur in the same eye. If you have visual impairment, regardless of the degree, you should have periodic examinations by an ophthalmologist.

Certain signs and symptoms are danger signals that indicate an urgent need for an examination by an ophthalmologist. They are:

- flashes of light**
- halos around lights**
- a curtain or veil blocking vision**
- sudden loss of vision**
- double vision**
- dimming of vision that comes and goes**
- sudden onset of floating spots in front of eye**
- crossed eye**
- pain in the eye**
- redness of eye or surrounding area**
- discharge or crusting of the eyelids**
- difference in the size of the two pupils**
- swelling of the eyes**
- protrusion of one or both eyes**
- persistent irritation, watering or dryness**

The chief causes of blindness in the United States are glaucoma, diabetic retinopathy, and macular degeneration. These and other conditions commonly seen in people with impaired vision are described in the following sections. The diagram of the eye on page 28 may help you understand these conditions better.

Cataract

In order to see clearly, the cornea and lens must be transparent. A *cataract* is a cloudy or hazy lens, which blurs the picture on the retina. This occurs most commonly as a part of the aging process. A cataract may be removed surgically when it has become so hazy that it significantly interferes with sight: when it makes one's daily activities difficult or impossible. The time selected for cataract surgery will vary from person to person depending upon age, medical status, occupation, visual needs, whether the cataract is in one eye or both

eyes, and upon many other factors. Just because you have a cataract does not mean that you must have it removed. Cataracts generally progress very slowly over a period of years and can be removed at any stage of development.

A cataract does not have to be completely opaque (“ripe”) to be removed, but it must be removed before it swells and becomes “over-ripe.” “Overripe” cataracts can cause glaucoma and serious inflammation within the eye.

A common misunderstanding is that cataracts can be removed by laser beam. Laser beams are used to treat several eye conditions, but they cannot be used to remove cataracts—although they can be used to remove the supporting membrane that sometimes becomes cloudy after one type of cataract operation. A cataract cannot be made to go away with medication. It must be removed surgically, and there are several methods in use. One method is not necessarily better than another. What is important is not how your cataract is removed, but how well you can see again, without discomfort, after the eye is healed.

Cataract surgery is one of the most successful surgical procedures in medicine. Following surgery, the lens of your eye must be replaced in one of three ways: glasses in front of the eye, a contact lens on the eye, or a permanent artificial lens (a lens implant) inserted inside the eye, usually at the time of surgery.

Occasionally, a cataract may conceal the presence of retinal detachment, tumor, or other ocular disorder. Therefore, if you have a cataract, regardless of whether or not you are planning to have it removed, you should be examined at intervals prescribed by your doctor to prevent permanent loss of sight from other causes.

Glaucoma

Glaucoma is called the “sneak thief of sight” because it can be present for many years, gradually destroying your sight without causing any symptoms. Generally, glaucoma is caused by an abnormally high pressure inside your eye, which, if untreated, can result in slowly progressive loss of vision. Pressure is measured by an instrument called a tonometer, which the doctor places on the surface of your eye. In most cases of glaucoma, the pressure increase does not cause pain or discomfort, so you may not be aware that you have glaucoma. Evaluation of damage caused to vision by glaucoma can be made only by examining the insides of your eyes and by charting the

visual fields of your eyes. There are many forms of glaucoma, some of which are treated with eye drops and pills, and others which require surgery. Various types of lasers can be used to treat glaucoma under certain circumstances.

Some people are at high risk for glaucoma. If you are African American, have diabetes, blood vessel disease, a family history of glaucoma, or a history of eye injury or inflammation, then your risk of having glaucoma will be higher. Regardless of risk category, you should be examined for glaucoma throughout your life at intervals prescribed by your doctor. Sight loss due to glaucoma may be prevented by early treatment. Remember, however, that vision lost to glaucoma cannot be restored by medical or surgical treatment. By contrast, in the case of decreased vision due to cataract, removal of the hazy lens will ordinarily restore sight.

Diabetic Retinopathy

Long-standing diabetes can damage the blood vessels in the retina. This is called diabetic retinopathy. Not all persons who have diabetes develop impaired vision. Severity of the retinopathy and the accompanying loss of vision depend on several factors including the kind of diabetes you have, age of onset, length of time you have had diabetes, and how well your blood sugar levels have been controlled.

If you have diabetes, you should have eye examinations, at intervals prescribed by your doctor, to determine whether diabetic retinopathy is present. Treatment of retinopathy with lasers at the appropriate time may delay or stop progression. If any retinopathy is found, then regular exams should be performed by an ophthalmologist to evaluate the degree of damage and advise treatment.

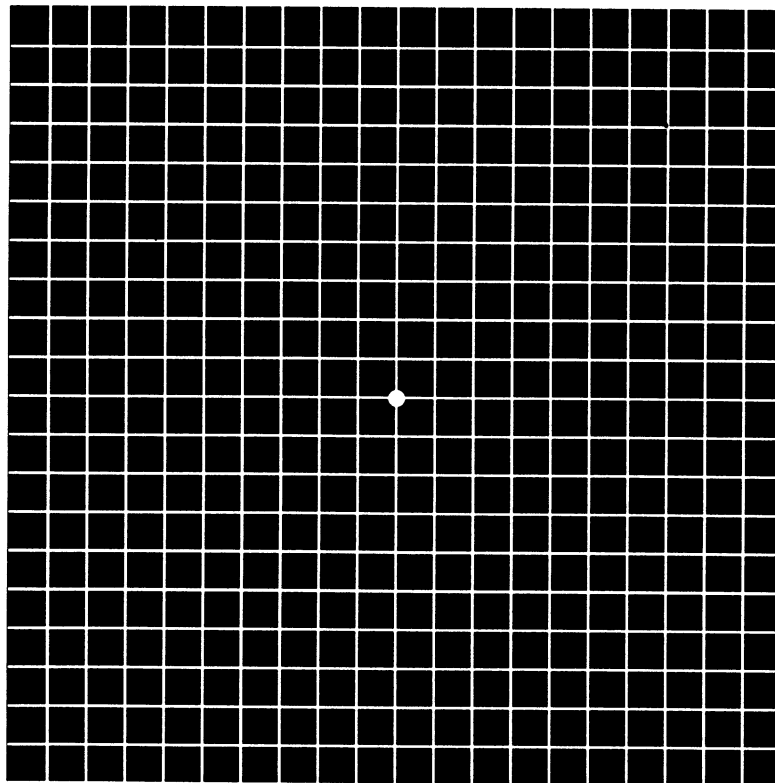
Macular Degeneration

Macular degeneration is a deterioration of the macula, the central part of the retina that enables you to read and see straight ahead (central vision). The cause is unknown. Although macular degeneration can occur in children and young adults, it is more common in older persons. Fortunately, macular degeneration does not affect peripheral vision, and thus a person with macular degeneration does not face total blindness. If you have macular degeneration, you are usually able to move about unaided, but may find reading, close work, or distinguishing distant objects difficult or even impossible.

At present there is no cure for macular degeneration. However,

the progression of some forms of the disease can be limited by laser treatment if discovered early. Many persons with macular degeneration are aided in reading and seeing at a distance by special magnifying lenses and telescopic devices (Adaptive Aids, pages 49 to 52).

You can test yourself for possible signs of macular degeneration with the Amsler Grid Test shown below. This test is especially useful if performed regularly, since the sudden appearance of distortion or a gap in vision may signal an acute hemorrhage that may be treatable with the laser—and the success of treatment depends on catching the disease before it does too much damage.



Amsler Grid Instructions

- 1. Hold the grid at a comfortable reading distance (about 14 inches) away from your eyes.**
- 2. If you wear glasses to read, keep them on for the test (with bifocal glasses, look through the bottom portion of the lens).**
- 3. Test one eye at a time, covering the other eye.**
- 4. Look at the dot in the center of the grid.**
- 5. If any of the lines look wavy or disappear, you should see an ophthalmologist within one or two days. This could be a warning sign of macular degeneration.**

Corneal Disease

The cornea, the window of the front of the eye, is normally clear. Injury, infection, and aging changes can cause your cornea to lose its clarity and thereby reduce vision. Some diseases of the cornea are benefited by medical treatment, while other diseases require corneal transplantation, a surgical procedure in which the cornea from a normal eye is used to replace the damaged cornea. In most cases, a corneal transplantation greatly improves vision.

Retinitis Pigmentosa

Retinitis pigmentosa is a hereditary condition in which various elements of your retina degenerate. Pigmented scars appear in damaged areas of the retina—hence the name of the disease. Symptoms of retinitis pigmentosa usually begin in childhood with difficulty seeing in dim illumination such as in a dark room or at night. The disease affects peripheral vision first. Some persons retain useful central vision for many years, and sometimes through their entire lives. Fortunately, the course of retinitis pigmentosa is usually very slow, and not all patients with this disease become blind. At present there is no curative treatment, but some patients may be helped by mechanical and electronic aids.

Retinal Detachment

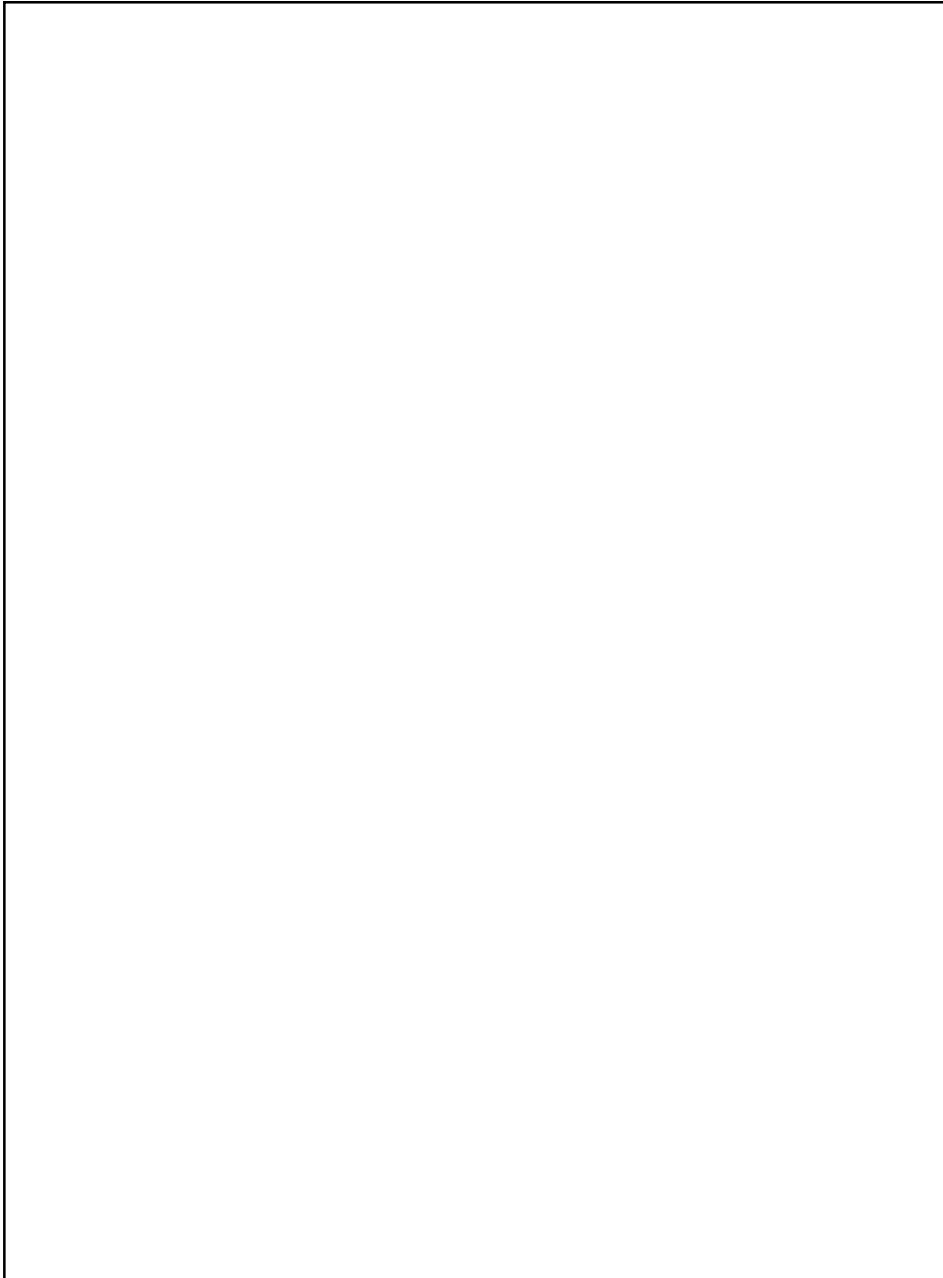
Sometimes the retina pulls loose or is torn from the back of the eye. Eye injuries, extreme nearsightedness, or a family history of detachments all increase a person's risk of retinal detachment. Symptoms are the sudden onset of floating spots in the field of vision, light flashes, shadows, and decreased peripheral or central vision. A tear in your retina, if neglected, can lead to retinal detachment. If detected by an ophthalmologist before the retina detaches, treatment of a tear in the retina by a laser or surgery is usually successful in preventing retinal detachment. Once the retina has detached, it can usually be reattached surgically, but the ultimate visual result depends on how much of your retina has been detached and for how long.

Other

There are many other causes of loss of vision and blindness. These may result from disease of the structures of the eye itself, disease of the optic nerve, which carries the picture from the eye to the

back of the brain, or problems within the brain such as tumors, injury, and stroke.

Amblyopia (Lazy Eye) affects from one to three percent of all children and results in sight loss if not detected and treated in time. For a description of Amblyopia, see page 40.



**Preschool Vision Screening
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III. YOUR FEELINGS ABOUT SIGHT LOSS

When you lose your vision, the loss may be gradual. A time comes when you can no longer ignore the loss because you cannot carry on your usual activities. At this point, you may be very depressed. Although depression is normal, it should not go on too long. If, after several months, you are still rejecting most of the aids and help offered, you probably need expert advice and counseling. Adjustment is under way when you are able to accept vision loss, learn new skills, and go on living a full life despite your vision loss. Some of the community agencies or programs listed in this book may be helpful. You may get help with the activities of everyday work and living just from talking with one of the professionals in an agency or from meeting someone who has experienced and adjusted to the loss of sight.

What Your Family and Others Should Know

Your family, friends, coworkers, and others may have feelings about your loss of sight similar to your own, perhaps including anger, grief, or depression. Maybe most of all, your family and others need to know that although you have lost your vision, your other abilities are not affected. You are still a thinking, feeling human being who must now learn to do some old things in new ways, and in addition learn to do new things. It is important to talk openly with others and to make it clear that you do not expect, nor will you permit, them to take over all of the tasks and functions that you ordinarily perform. You must have the opportunity to try them yourself and to discover whether or not you can do them in a way satisfactory to yourself. Others must know that you wish to maintain the greatest amount of independence and self-respect.

Your family members and others may not understand that vision loss has many forms. Most persons with vision loss are not totally blind; some can see light and outlines of large objects; some may be able to walk about well but not to read or identify persons at a distance. Others may be able to read and see distant objects in a narrow field but not travel about. If your family and others know your particular kind of sight loss, they will understand that your ability to do some things and not others is not pretense on your part, but reflects your true abilities and limitations.

Courtesy and Etiquette

This section is directed to the people who may be concerned about how to act in the presence of someone who has a visual handicap.

Blind people rely a good deal on verbal description to orient themselves to people, surroundings, and situations. When encountering a visually handicapped person, identify yourself by name. When a blind person enters a room, identify people or pets that are in the room, tell the person their location, and also let her or him know when people leave the room. If assistance is needed, help guide the person to a chair, and describe any unfamiliar obstacles. Table skills may be a problem for visually impaired people. Ask if they need assistance in locating food or in having meat cut or fat removed. Location of food on the plate can be designated as on a clock dial.

When several people are talking, use the name of the visually impaired person in remarks directed to her or him. Unless the person also has a hearing impairment, speak in a normal tone of voice. Ask the impaired person directly if they need anything, rather than, for example, asking someone else if the person wants a cup of coffee. Do not avoid the words “blindness,” “visual impairment,” “look,” “watch,” and “see” when they are otherwise appropriate to the conversation. Avoidance of these words and phrases only calls attention to the impairment.

When walking with visually impaired people, do not grab their arms. Let them grasp your arm above the elbow and proceed to walk normally; give advance warning of obstacles such as steps, curbs, or uneven grades. When leaving, put them in contact with a chair or other orienting object, rather than leaving them lost in space. Recognize that protruding lamp shades, toys, and articles scattered on the floor are hazards: close cupboard doors, push in chairs, put things out of the way.

If a visually impaired person is a guest in your home, guide her or him to the location of the bathroom, the closet, the dresser, the window, the light switch, the electrical outlet for shaver or hairdryer, and other areas and objects he or she will use. Be as explicit as possible when describing the location of things. For example, state that the soap is “on the right hand side of the sink” rather than simply “on the sink.”

IV. SPECIAL NEEDS OF CHILDREN

Children with a severe visual disability may have special problems. Since visual information accounts for much of children's learning, visually handicapped children have to acquire information by touching, hearing, smelling, and tasting as substitutes for seeing. It is especially important that visually impaired children have rich and varied experiences in their early years, so that when they reach school age they will not be behind other children in their amount of exposure to and knowledge about the world.

Visually handicapped children need the same opportunities as other children for recreation, sporting events, and social interaction with other children, both sighted and visually handicapped. Visually impaired children should be encouraged to run, exercise, and play games with other children even though their parents, as well as perhaps the children themselves, may be anxious about such activities. Visually impaired children who attend a school where they live away from home need recreational activities and opportunities to socialize with other children.

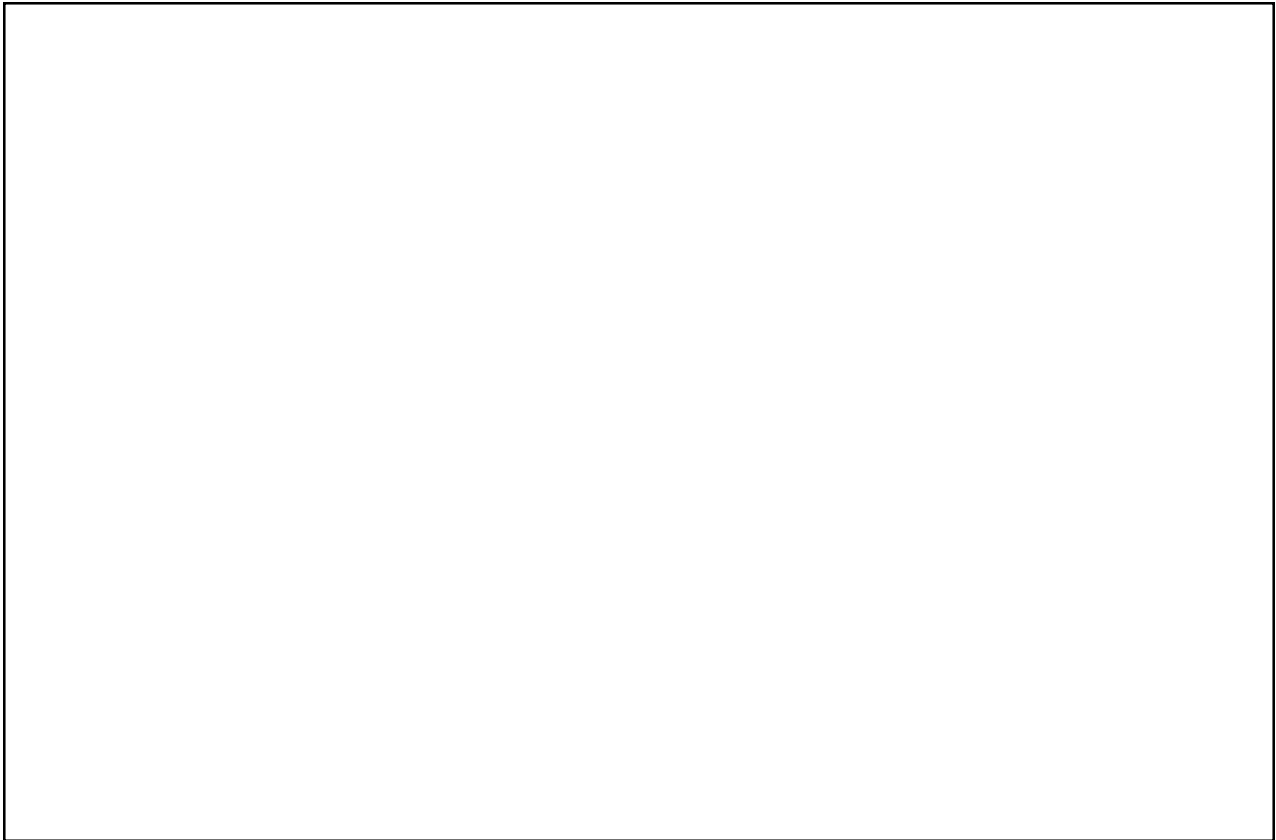
As visually handicapped children grow older, their parents should discuss with them the types of work or education they may want to explore in the future. Parents should keep an open mind about what type of academic training or industrial training their visually impaired son or daughter may be able to undertake.

It is possible that visually impaired children may be rejected by other children. This is painful to parents as well as to the child and may damage the child's self-esteem. Parents should not emphasize these problems but should encourage their sons and daughters to continue to participate in activities with other children while at the same time realistically acknowledging the problem of visual impairment. It is important that both parents and visually impaired children realize that visual disability is only one of many personal characteristics. The opinion of others is based upon how one thinks, acts, and behaves – not on the capacity to see.

Amblyopia (Lazy Eye)

Crossed eyes and other eye problems may lead to amblyopia or lazy eye, a condition where the child becomes used to seeing with only one eye. Without treatment, the unused eye will not develop normal vision. Treatment often includes placing an eye patch over the good eye in order to force the child to use the weaker eye. This treatment is simple and effective. If lazy eye is not detected and treated before school age, lost vision is usually permanent.

All preschool children should have their eyes examined. Vision screening tests may be obtained from your child's doctor, Prevent Blindness Northern California (see page 107), the O'Connor Sight Conservation Preschool Vision Screening Program (in Santa Clara county; see page 106), or others recommended by your public health department.



**Preschool Vision Screening
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V: THE COMMUNITY AGENCY SYSTEM THAT OFFERS HELP AND HOW YOU CAN USE IT

FINANCIAL ASSISTANCE (Government & Utilities)

If you need it, financial assistance is available for meeting direct expenses of daily living, mobility training, rehabilitation, special aids that may be helpful to you, and medical evaluation.

The Social Security Administration operates two programs offering financial assistance to people who are visually impaired as defined by legal blindness. Eligibility for the first of these programs, authorized by Title 2 of the Social Security Act, is based on contributions to the Social Security System and not on financial need.

Eligibility for the second program, authorized by Title 16, is based on need. This program is called Supplemental Security Income (SSI) and some years ago replaced the old Aid to the Blind (AB) and other assistance programs. The amount that you may receive will depend on your income and resources. No attempt is made here to state requirements, which change periodically. You should inquire at the Social Security office nearest you (see telephone number below). You may be eligible for financial aid under one of these two programs. Application may be made in person or over the phone by the visually impaired (legally blind) individual. If you apply over the telephone, a social security representative will complete the application during the interview and mail it to you for your signature. If you want to apply in person, you may call the number listed below for an appointment. Also, friends or relatives may bring papers to you for your signature.

Social Security Statewide Telephone Number: 1(800) 772-1213.
This call is toll free, and the person answering can direct you to the office nearest to your home. Because it is also a nationwide directory, it can often be busy, so be prepared to re-dial.

Tax Benefit

People who are legally blind are eligible for a deduction on their income taxes in addition to other deductions. You need a statement affirming your legal blindness from your eye doctor and must attach it to your tax return. These fixed deductions differ depending on marital status. They also change from year to year. If you prepare your own taxes, the IRS should be able to tell you how much you can deduct.

Visually Handicapped Parking

With a certifying letter from your doctor, the California Department of Motor Vehicles will issue a visually handicapped person a handicapped parking placard that is transferable from vehicle to vehicle if the person with sight loss is a passenger. It is usable in specially marked handicapped parking spaces and will enable you to park free at parking meters. It must be renewed every two years, and there is a stiff penalty for misuse such as loaning to friends. Call your local DMV office for information.

Free Postage

The U.S. Postal service allows you to send and receive books, recorded material, and certain types of equipment and other mail free of charge if you are registered at your local post office as someone who is blind or handicapped. Government rules are never easy, and it's best to send for a copy of the pamphlet, "Mailing Free Matter for Blind and Visually Handicapped Persons" from

- Office of the Consumer Affairs,
U.S. Postal Service, Washington, DC 20260-6320.**

Free Prescriptions

Through your physician, free prescription drugs are available to needy people through the Pharmaceutical Manufacturers Prescription Drug Indigent Programs. You must work through a doctor who, if you are eligible, can usually obtain the medications by calling or writing the drug companies. You can receive an explanation of the program, eligibility requirements, and a directory listing participating drug companies by writing to

- Senate Special Committee on Aging, Indigent Patient Programs,**

Dirksen Senate Office Bldg., Rm. G-31, Washington, DC 20510-6400.

Then, if you think you are eligible, talk to your doctor.

Reduced Bus and Rail Fares

Some Amtrak centers and many local transit authorities offer their own reduced fare card for disabled persons. Call first for details. Proof of vision loss and a picture identification card are almost always required. Photo IDs can be obtained from the Department of Motor Vehicles.

Telephone Products and Services

People who have a certification form signed by a doctor verifying that they have a vision impairment that makes it difficult to use the phone, receive speed dialing at home free of charge. Those who can read braille and who are deaf and blind are eligible for a free telebraille device. On self-identification, anyone with low vision can receive free 411 directory information and large-number overlays for telephones. Special cordless or "big button" phones are also available. For certification forms and information about these services, people should call either Pacific Bell or GTE, or their local telephone service provider (check your local telephone bill for the number to call).

The Deaf and Disabled Telecommunications Program (under the CPUC) presently contracts with the local telephone companies to provide both the California Equipment Loan Program and California Relay Service. Further information can be obtained from the Web Site: www.ddtp.org. California Relay Service connects people with hearing and/or speech limitations with three-way calling through TTY's; through a communication assistant (CA), voiced messages are typed to the other party, or typed messages are voiced to the other party.

- MCI/CRS TTY users call 1(800) 735-2929
Non-TTY users (calling by voice) 1(800) 735-2922
Spanish speaking users call 1(800) 855-3000 (voz y TTY)**
- Sprint/CRS TTY users call (877) 735-2929
Non-TTY users (calling by voice) 1(888) 877-5379
Spanish speaking users call 1(888) 877-5381 (voz y TTY)**

- **Speech-to-Speech Relay Service 1(800) 854-7784**
Provides live operators to voice for people who have difficulty being understood on the phone.
- **Pacific Bell Accessibility Resources**
1(800) 772-3140 (voice) 1(800) 651-5111(TTY) 1(800) 245-0882 (fax)
- **GTE Special Needs Center**
1(800) 821-2585 (voice/TTY)
- **U.S. West Special Needs Center**
1(800) 223-3131

Medicare

You can enroll for the Medicare program at your local Social Security offices. Part A helps with hospital bills; Part B with other medical bills. You are eligible for both Part A and Part B if you are 65 or older, and a citizen or a legally admitted resident of the United States for five years with a resident alien card, or if you are disabled (legally blind) and have been receiving Social Security disability benefits under Title 2 of the Social Security Act, as described here, for a period of two years. Part A is free for those who have contributed to Social Security and have met the requirements (for the requirements for entitlement contact Social Security). If you have not contributed to Social Security, Part A can also be purchased if you are age 65 or over, although the price is very high. The premium for Part B is the same whether or not you have contributed to Social Security. People who have been disabled for twenty-four months are automatically established as recipients; a Medicare card will be mailed to them, and they will be given the opportunity to elect to receive or decline Part B coverage.

It sounds, and is, complicated. If you have questions, Social Security Administration offices can provide Medicare information or direct you to the Social Security office nearest to your home where you can apply for Medicare benefits. The Social Security people should contact you if you have already been receiving disability benefits from Social Security for two years. In any other case, you must contact them in order to get the ball rolling.

Medi-Cal

Medi-Cal is a medical assistance program that can pay medical services bills at fixed rates determined by the State, or can cover gaps in

Medicare coverage. Medi-Cal eligibility is based on a person's need as determined by income and resources. People who qualify for SSI automatically qualify for Medi-Cal. Others who are legally blind or visually impaired may qualify depending on their financial circumstances. In some cases, the eligible person may be asked to pay a share of the medical bills.

Although Medi-Cal is federally funded (it is called Medicaid in other states), determination of whether you are eligible is made by county Social Service Departments or, in the case of SSI, by the Social Security Administration. If you qualify for Medi-Cal because you are already receiving SSI, you will receive a Medi-Cal card automatically. In any other case, you must make an application for Medi-Cal at your local county Social Services Department. To locate the phone number and address of your county Social Service Department, look in the white pages of the telephone directory, toward the front, for the listings under the heading "County Government Offices." The subheading under this will vary from county to county. Depending on your county, the subheading will read "Social Service(s)," "Health and Human Services," or simply "Medi-Cal." If you are unable to leave your home, the county will send someone to you. You should also be aware that your county department of social services operates a program to provide in-home attendant care for which persons who are visually impaired may be eligible. In some cases, it can also provide you with a social worker to help you find solutions to problems you face because of your disability. However, many counties provide social workers only to people who are also in need of protective services.

FINANCIAL ASSISTANCE (Non-Governmental)

- **AARP Retired Persons' Services**
500 Montgomery St., Alexandria, VA 22314
Telephone: 1(800) 456-2277 Fax: 1(800) 456-7631
Web Site: www.aarp.org

Can tell you how to get price information. Offers help getting prescription drugs at reduced prices.

- **Adopt-A-Vision**

**c/o Visual Services Center, Sacramento Society for the Blind
2750-24th St., Sacramento, CA 95818
Telephone: 1(916) 452-8271**

This group will provide eye exams, vision care and free glasses to people residing in El Dorado, Nevada, Placer, Sacramento, and Yolo counties who live in a family in which one member is working, and do not have insurance. To apply for help, contact your local Lions Club for referral. If you cannot find the number for your club, call the Society for the Blind at the number above.

- **Children's Medical Services
California Children Services Program**

**Department of Health Services, Room 398
714 P St., Sacramento, CA 95814**

Telephone: 1(916) 654-0499 Web Site: www.dhs.ca.gov

The California Children Services (CCS) Program authorizes and pays for treatment of some eye problems—eye conditions leading to loss of vision—for children who meet the program's medical, financial, and residential eligibility criteria. Check if your child is eligible by writing or phoning the CCS program in the county where you live. The listing can be found in the white pages of your telephone directory toward the front under "County Government Offices," subheading "Health Department." If you are unable to locate the phone number, you can phone or write the address above.

- **Eyecare America, Glaucoma Project**

**P.O. Box 429098, San Francisco, CA 94142-9098
Telephone: 1(800) 391-EYES (1-800-391-3937)**

Fax: 1(415) 561-8567 Web Site: www.EyeNet.org

Individuals calling the line who are at risk for glaucoma, and who have not had an eye exam within the previous two years, will receive a referral to a volunteer ophthalmologist in their area; uninsured individuals at risk for glaucoma are provided a free examination and treatment, when necessary, for glaucoma.

- **The Hill Burton Program**

**Health Resources and Services Administration
5600 Fishers Lane, Room 10C-16, Rockville, MD 20857**

Telephone: 1(800) 638-0742 E-mail: DFRCRCOMM@HRSA.GOV

Web Site: <http://158.72.83.3/osp/dfcr/index.htm>

Participating hospitals (be sure to check first; there are very few in northern California) provide free or reduced price in-patient medical care. Procedures covered vary from hospital to hospital.

- **Lions Eye Foundation of California/Nevada, Inc.**

2340 Clay St., San Francisco, CA 94115

Telephone: 1(415) 923-3950 Fax: 1(415) 923-3949

E-mail: MPASKVAN@AOL.COM

Patients who have no other source of payment can receive free eye care, which can include surgery or low vision services, at California Pacific Medical Center in San Francisco. Referral must be on a form issued by the Foundation and must be signed by a representative of a Lions Club that is a Foundation member and by an ophthalmologist or optometrist certifying that further examination or treatment is needed. Lions Eye Foundation does not provide glasses; in San Francisco only, requests for glasses (for children only) should be referred to the San Francisco Council of Lions, 1(415) 282-5466.

- **The Medicine Program**

P.O. Box 515, Doniphan, MO 63935-0515

1(573) 778-1118 Web Site: www.themedicineprogram.com

Assists people to enroll in one or more of programs providing prescription medicine free of charge to those in need.

- **Mission Cataract USA**

Telephone: 1(800) 343-7265

Provides free cataract surgery to people of all ages who have no other means to pay. Call in February or March to learn participating ophthalmologists near your home. Surgeries are scheduled annually on one day, usually in May.

- **National Eye Care Project**

P.O. Box 429098, San Francisco, CA 94142-9098

Telephone: 1(800) 222-EYES (1-800-222-3937)

Fax: 1(415) 561-8567 Web Site: www.eyenet.org

A person 65 or older, a citizen or legal resident of the United States, who does not have access to an ophthalmologist may call for assis-

tance. The caller will be matched with a nearby ophthalmologist who has volunteered to provide medical eye care to the disadvantaged elderly at no out-of-pocket cost to the patient. Eyeglasses, prescription drugs, and hospital care not covered.

- **New Eyes for the Needy, Inc.**

549 Millburn Ave.

P.O. Box 332, Short Hills, NJ 07078

Telephone: 1(973) 376-4903

Pays for eyeglasses under certain conditions. You must obtain your own prescription. A social service department can request eyeglasses for you if proof in writing is provided that no other assistance is available. If the request is accepted, a voucher to pay for inexpensive eyeglasses is sent to the social worker to give to you. New Eyes for the Needy does not pay for eye examinations.

- **Opportunities for the Blind Equipment Grants**

P.O. Box 510, Leonardtown, MD 20650

Telephone: 1(800) 884-1990

Web Site: www300.us.hsanet.net/oppblind/index.htm

Provides career oriented financial assistance to legally blind U.S. citizens through their programs of scholarships and training, job related services, special equipment, and self-employment projects.

- **The Pearle Vision Foundation**

2534 Royal Lane, Dallas, TX 75229

Telephone: 1(972) 277-6191

Web Site: www.pearlevision.com/charities.html

Awards grants quarterly to fund eye surgery. Also has a limited number of grants to economically disadvantaged individuals for low vision aids or equipment.

See also Blind San Franciscans (page 87) for their loan program for assistive devices related to employment, Arkenstone for their discounted reading systems and discounted equipment purchases (page 49), and National Federation of the Blind (page 106) for their scholarship program.

Adaptive Aids and Devices for Daily Living

There are an estimated half million persons in the United States who are legally blind and at least another two million whose vision is seriously impaired. Fortunately, most of these persons are not totally blind and whatever vision they have often can be improved by various kinds of vision aids. Vision aids fall into two general categories, optical and adaptive. Optical aids magnify the objects being viewed. Some optical aids increase illumination of material being viewed by taking better advantage of natural light or by using high intensity artificial lighting. Adaptive aids modify objects or the environment for easier use by people with sight loss. Some of these aids are very expensive. It is always best, whenever possible, to try any aid before purchasing it. A device that helps one person may not help you at all, and, conversely, you may be helped by an aid that someone else finds useless. There are many places where you can purchase adaptive and optical aids. Opticians and eye doctors can provide you with vision aids or direct you to places where they can be purchased. A few of the organizations that specialize in different types of aids are listed below. Some sell white canes (see also Catalogs for purchase of white canes, page 53).

- **Arkenstone**

NASA Ames Moffett Complex Building 23, P.O. Box 215

Moffett Field, CA 94035-0215

Telephone: 1(800) 444-4443 Fax: 1(650) 603-8884

E-mail: info@arkenstone.org Web Site: www.arkenstone.org

Manufactures "An Open Book," a machine that scans the printed page and reads it back to you in a synthetic voice. Also has a discounted equipment program for readers and scanners. (See also Personal Data Systems for distributor, page 59).

- **California Canes**

25611 Quail Run #123, Dana Point, CA 92629

Telephone: 1(949) 489-1973 Fax: 1(949) 489-0996

E-mail: califcanes@earthlink.net

Web Site: www.californiacanes.com

Graphite canes, 2/3 lighter than aluminum. Epoxy-paint finish and not tape. Beveled joints as to not cut cord.

- **Clarity Solutions**

537 College Ave., Santa Rosa, CA 95404

Telephone 1(800) 575-1456 Fax: 1(707) 526-3554

E-mail: mparker@clarity.com Web site: www.clarityaf.com

Clarity Solutions manufactures the Clarity Autofocus video magnifier.

- **Enabling Technologies**

1601 NE Braille Place, Jensen Beach, FL 34957

1(561) 225-3687 or 1(800) 777-3687 Fax: 1(561) 225-3299

E-mail: enabling@brailleur.com Web Site: www.brailleur.com

Manufactures, designs, and supports braille printers.

- **HumanWare, Inc.**

6245 King Rd., Loomis, CA 95650

Telephone: 1(800) 722-3393 Fax: 1(916) 652-7296

E-mail: info@humanware.com Web Site: www.humanware.com

Assistive technology for persons with low vision or reading disabilities. Manufactures computers with speech, braille terminals, printers and note takers, talking scan/read systems, electronic magnifiers with computer access, and specialized software applications.

- **MONS International, Inc.**

6595 Roswell Rd., #224 Atlanta, GA 30328

Telephone: 1(800) 541-7903

E-mail: mons@negia.net Web site: www.magnifiers.com

Portable closed circuit TVs for magnification, binoculars, many types of magnifiers.

- **The Optical Shoppe**

649 Grape Ave., Sunnyvale, CA 94087

1(408) 773-8388 1(800) 246-7842 Fax: 1(408) 732-7062

E-mail: questions@visionaid.com Web Site: www.visionaids.com

Provides low vision evaluations and vision aids from magnifiers to electronic viewing devices.

- **Pacific Gas and Electric Company**

Phone PG&E Customer Service (listed in the white pages) in your area. At no charge, someone will install braille points control guides on your home oven and other appliances. Information is also provided

on energy assistance discounts for qualifying customers.

- **Science Products**

Box 888 Southeastern, PA 19399

1(800) 888-7400 1(800) 888-7401(for CAPTEK products)

Fax: 1(610) 296-0488 Web Site: www.captek.com

Sells a number of low vision aids including CAPTEK voice readout blood glucose and blood pressure monitors.

- **Smith-Kettlewell Eye Research Institute**

Rehabilitation Engineering Research Center

2318 Fillmore St., San Francisco, CA 94115

Telephone: 1(415) 345-2000 Fax: 1(415) 345-8455

E-mail: bilge@ski.org Web Site: www.ski.org

Recommends, fabricates, or adapts devices to meet the needs of visually impaired people. Biannual publication *The Smith-Kettlewell Technical File* is available in braille, on cassette or on computer diskette, by subscription.

- **Van's Instrument**

6949 Douglas Ave., Kalamazoo, MI 49009

Telephone: 1(616) 345-6316 Fax: 1(616) 345-9077

E-mail: jim.vanweelden@gte.net

Sells Voxcom II, a hand-held digital voice recorder that uses bar coded cards for message retrieval. The cards are attached to personal items (food, clothes, medication) for easy identification.

- **Vision Anew**

P.O. Box 267, Pacifica, CA 94044

Telephone: 1(800) 355-0428 Fax: 1(650) 563-9090

E-mail: visionanew@pacbell.net

Products for sale or rent include closed circuit TV systems, basic reading machines, work stations with computer interface. Buys, reconditions, and sells previously owned closed circuit TV systems.

- **Vision Rehab, Inc.**

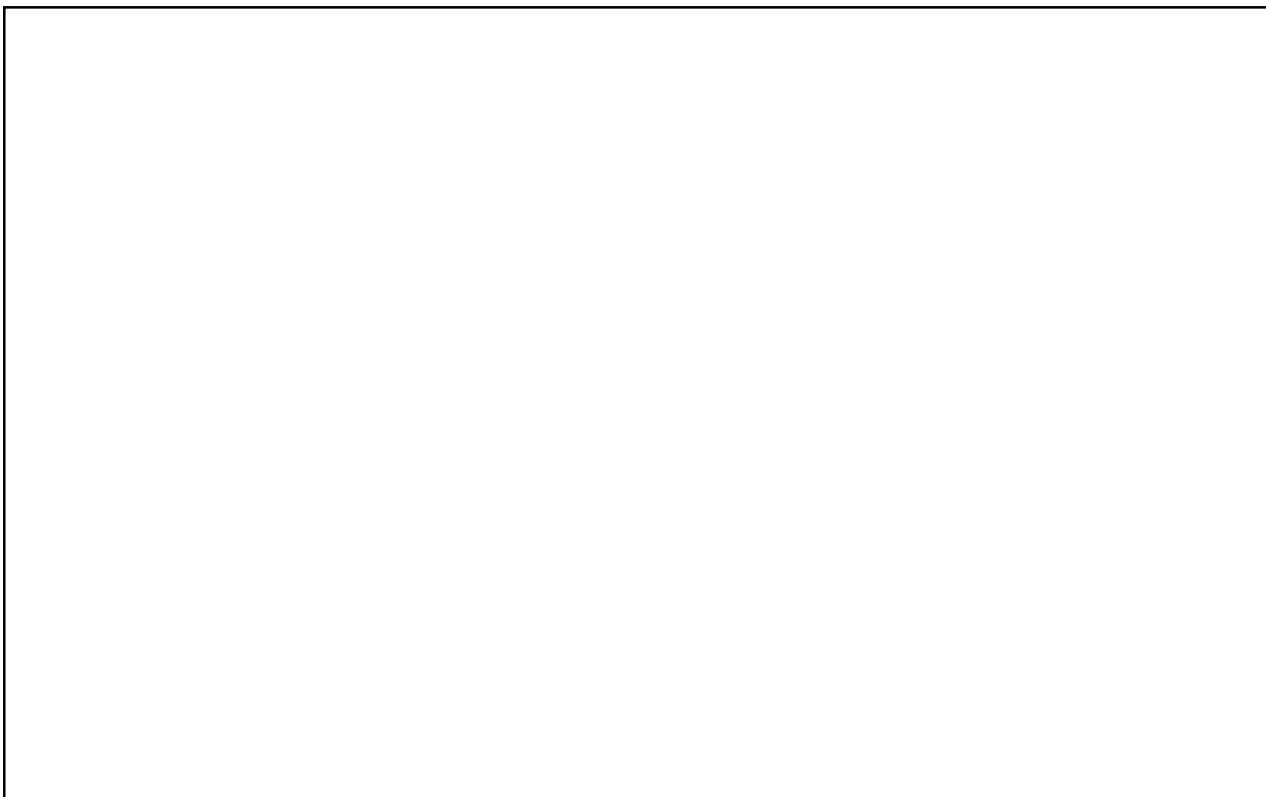
19950 South Governors Highway, Olympia Fields, IL

Telephone: 1(800) 748-3797 Fax: 1(708) 481-4852

Web Site: www.sightsystems.com

Closed circuit TV systems, adaptive aids, etc.

See also CATALOGS for mail or on-line ordering of Adaptive Aids (page 53), COMPUTER ADAPTIVE AIDS (page 55) and VIDEO MAGNIFIERS (page 62).



**Adult Vision Screening
Prevent Blindness Northern California**

Catalogs: Shopping by Mail for Low Vision and Adaptive Aids

Mail-order companies specialize in products for the visually impaired. Most also provide free catalogs. Remember that unless you are absolutely certain about your purchase, it is always best to try it first. Otherwise you may get something that you cannot use.

- **Ann Morris Enterprises, Inc.**
551 Hosner Mountain Rd., Stormville, NY 12582
Telephone: 1(800) 454-3175 (orders only) or 1(845) 227-9659
Fax: 1(845) 226-2793 E-mail: annmor@webspan.net
Web Site: www.annmorris.com
Large print product catalog available.
- **Bernell (A Division of Vision Training Products Inc.)**
4016 N. Home St., Mishawaka, IN 46545-4308
Telephone: 1(800) 348-2225 Fax: 1(219) 259-2102
E-mail: andrews1@midwest.net Web Site: www.bernell.com
Sells magnifiers, low vision aids, and vision assessment equipment and tools.
- **Community Services for the Blind and Partially Sighted--*SightConnection* (name of catalog)**
9709 Third Ave., NE, #100, Seattle, WA 98115-2027
Telephone: 1(800) 458-4888 Fax: 1(206) 525-0422
E-mail: csbstore@csbps.com Web Site: www.csbps.com
Low vision aids.
- **C TECH**
2 N. Williams St., Pearl River, NY 10065
Telephone: 1(914)-735-7907
Web Site: www.lowvisionproducts.com/prods1.htm
On-line purchase of adaptive aids.
- **Independent Living Aids, Inc.**
27 East Mall, Plainview, NY 11803-4404
1(800) 537-2118 or 1(516) 752-8080 Fax: 1(516) 752-3135

E-mail: can-do@independentliving.com

Web Site: www.independentliving.com

Catalog of low vision aids and products. Offers easy-to-see watches, clocks, timers, and calculators with speech. Also, writing guides, cooking, and serving accessories; scales, hobby items, personal care products; and computer related items for the visually impaired.

- **The Lighthouse, Inc.**

111 East 59th St., New York, NY 10022-1202

1(800) 829-0500 or 1(212) 821-9200 TTY: 1(212) 821-9713

Fax: 1(212) 821-9707

E-mail: info@lighthouse.org Web Site: www.lighthouse.org

Product catalog available.

- **L S & S Group, Inc.**

P.O. Box 673, Northbrook, IL 60065

Telephone: 1(800) 468-4789 TTY: 1(800) 317-8533

Fax: 1(847) 498-1482

E-mail: vision@lssgroup.com Web Site: www.lssgroup.com/

Product catalog available.

- **Maxi Aids**

42 Executive Blvd., Farmingdale, NY 11735

Telephone: 1(516) 752-0521 Fax: 1(516) 752-0689

E-mail: sales@maxiaids.com Web Site: www.maxiaids.com

Computers, closed circuit televisions, magnifiers and more.

- **Walters Low Vision Optics, Seewell Reading Enhancers**

30423 Canwood St., Suite 115, Agoura Hills, CA 91301

Telephone: 1(800) 992-5837 or 1(818) 706-2202

Fax: 1(818) 706-2206 or 1(888) 549-1843

E-mail: walterslv@cs.com Web site: www.walterslowvision.com

Sells magnifiers, close focusing monoculars, binoculars, accessories, and the Seewell Closed Circuit TV. Catalog available.

For additional suppliers of adaptive and low vision aids and appliances, see also Low Vision Clinics (page 64), and Education and Recreation (page 72).

Computer Adaptive Aids and Training

- **Access Ability**

581 Altamont St., Ashland, OR 97520

Telephone 1(888) 664-1313 Fax: 1(541) 488-5280

E-mail: info@4access.com Web Site: www.4access.com

Supplies computer systems, adaptive technology, training, and technical support to blind and visually impaired people.

- **Alliance for Technology Access**

2175 East Francisco Blvd., Suite "L", San Rafael, CA 94901

Telephone: 1(415) 455-4575 Fax: 1(415) 455-0654

E-mail: ATAinfo@ATAccess.org Web Site: www.ataccess.org/

Network of non-profit resource centers that provide hands-on technology exploration, open labs, training, support and advocacy; and strategies for using technology at school and work.

- **ALVA Access Group, Inc.**

436 14th St., Suite 700, Oakland, CA 94612

Telephone: 1(510)-451-2582, TTY: 1(510)-451-0879

Fax: 1(510) 451-0878

E-mail: info@aagi.com Web Site: www.aagi.com

Develops and manufactures hardware and software for blind and low vision computer users; ALVA braille displays, and screen magnification software.

- **Artic Technologies, Inc.**

1000 John R Rd., #108, Troy, MI 48083

Telephone: 1(248) 588-7370 Fax: 1(248) 588-2650

E-mail: info@artitech.com Web Site: www.artitech.com

Manufacturer of speech synthesizers, note takers, and screen access (readers) for the blind along with large print software for low visioned.

- **AT Network**

Telephone: Toll Free: 1(800) 390-2699 TTY: 1(800)900-0706

E-mail: info@atnet.org Web Site: www.atnet.org

Information and referral on assistive technology.

- **Blazie Engineering**
 105 East Jarrettsville Rd., Forest Hills, MD 21050
 Telephone: 1(410) 893-9333 Fax: 1(410) 836-5040
 E-mail: support@blazie.com Web Site: www.blazie.com
Manufacturers of refreshable braille displays and braille embossers.
- **Center for Accessible Technology**
 2547 - 8th St., #12-A, Berkeley, CA 94710-2572
 Telephone: 1(510) 841-3224
 E-mail: info@cforat.org Web Site: www.el.net/CAT/
Consultation, assessment, and demonstration of screen readers and enlargers.
- **Dolphin Computer Access LLC**
 Stes. 48 &49, 4th Flr., 100 S.Ellsworth Ave., San Mateo, CA 94401
 Telephone: 1(650)348-7401 Fax: 1(650)348-7403
 E-mail: sales@dolphinusa.com Web Site: www.dolphinusa.com
Sells and supports screen readers, screen magnifiers, braille translation systems, software speech synthesiser, etc.
- **Duxbury Systems, Inc.**
 270 Littleton Rd., #6, Westford, MA 01886-3523
 Telephone: 1(978)692-3000 Fax: 1(978)692-7912
 E-mail: info@duxsys.com Web Site: www.duxburysystems.com
Software for braille translation, braille educational tools and more.
- **Florida New Concepts Marketing, Inc.**
 P. O. Box 261, Port Richey, FL 34673-0261
 Telephone: 1(727) 842-3231
 Fax: 1(727) 845-7544 E-mail: compulnz@gte.net
 Web Site: http://gulfside.com/compulenz/
Manufactures magnifying screens of different types and sizes for placement in front of a computer or television screen.
- **G.W. Micro**
 725 Airport North Office Park, Fort Wayne, IN 46825
 1(219)489-3671 Fax: 1(219)489-2608 BBS: 1(219)489-5281
 E-mail: support@gwmicro.com Web Site: www.gwmicro.com
Products include Vocal-Eyes, Sounding Boards, Speak-Out and the Small Talk PC family of laptop computers.

- **Hooleon Corporation**
 Building B, 411 South 6th St., Cottonwood, AZ 86326
 Telephone: 1(800) 937-1337 Fax: 1(520) 634-4620
 E-mail: sales@hooleon.com Web Site: www.hooleon.com
 Manufactures and sells large print keytop labels, large print/braille keytop labels, and home row key indicators.
- **IBM Special Needs Section**
 11400 Burnet Rd., Austin, TX 78758
 Telephone: 1(800) 426-4832 TDD: 1(800) 426-4833
 E-mail: snsinfo@us-ibm.com Web Site: www.IBM.COM/SNS
 Information on IBM's Independence Series products. Also distributes information on products from non-IBM sources.
- **Innovative Rehabilitation Technology, Inc. (IRTI)**
 13467 Colfax Hwy., Grass Valley, CA 95945
 Telephone: (Administrative) 1(530) 274 2090
 (Sales) 1(800) 322-4784 or 1(530) 274-2091 Fax: 1(530) 274-2091
 E-mail: Info@IRTI.net Web Site: www.irti.net
 Distributes specialized aids for the visually impaired, computers, software, and Library of Congress equipment.
- **Karisell Communications**
 3455 W. Evans Dr., Phoenix, AZ 85053
 Telephone: 1(602)375-3420 Fax: 1(602)530-3631
 E-mail: karisell@netzone.com
 Sells adaptive technology equipment and computer programs for blind and visually impaired computer users. Also does document conversion—print to braille and/or print to disk.
- **Keyboard Alternatives**
 537 College Ave., Santa Rosa, CA 95404-3908
 1(800) 953-9262 or 1(707) 544-8000 Fax: 1(707) 522-1343
 E-mail: keyalt@keyalt.com Web Site: www.keyalt.com
 Adaptive aids and training allowing the visually impaired to easy access and recording of printed or computerized information. Products include Optelec CCTV's, Seewell reading enhancers, Kurzweil Read-

ing Edge, and other hardware and software. Visits by appointment only.

- **Kurzweil Educational systems Group**

52 Third Ave., Burlington, MA 01803

1(800) 894-5374 or 1(781) 203-5000 Fax: 1(781) 238-0986

E-mail: education.info@lhsl.com

Web Site: www.lhsl.com/education/

Makes Kurzweil 1000, a PC-based software that converts your PC and scanner into a reading machine.

- **LAB Resources**

112 Main St., Pewaukee, WI 53072

Telephone: 1(262) 691-3476

Web Site: www.execpc.com/~labres/

E-mail: labres@execpc.com

Computer products for educational and assistive technology. Offers technology and professional assistance; specializes in software and hardware for special needs and education.

- **Orbit Research**

Suite #585, 3422 Old Capitol Trail, Wilmington, DE 19808

Telephone: 1(888)606-7248

E-mail: info@orbitresearch.com

Web Site: www.orbitresearch.com

Uses cutting edge technology to bring to the community affordable aids for independent living. Manufactures a talking scientific calculator.

- **Parrot S.A.**

28, rue Meslay, Ile-de-France, 75003 Paris, France

Telephone: 011 33 (1)44 78 81 10

E-mail: sales@say-parrot.com Web Site: www.say-parrot.com

Specialists in hand-held voice recognition products and applications, including a voice recognition organizer in 6 languages.

- **Personal Computer Systems**

551 Compton Ave., Perth Amboy, NJ 08861

Telephone: 1(732) 826-1917

E-mail: pvlask@monmouth.com Web Site: www.pcsgames.com

Sells computer games for blind computer users.

- **Personal Data Systems**

100 West Rincon Ave., Suite 103, Campbell, CA 95008

Telephone: 1(408) 866-1126 Fax: 1(408) 866-1128

E-mail: info@personaldatasystems.com

Web Site: www.personaldatasystems.com

Sells Arkenstone reading systems and computers, and other products including braille production systems and programs for scanning pictures and identifying money.

- **RJ Cooper and Associates**

Suite #283, 24843 Del Prado, Dana Point, CA 92629

Telephone: 1(800) 752-6673 Fax: 1(949) 240-9785

E-mail: rj@rjcooper.com Web Site: www.rjcooper.com

Software and hardware for young blind children.

- **Shasta Assistive Technology Services (S.A.T.S.)**

1305 Sacramento St., Redding, CA 96001

Telephone: 1(530) 245-9293 Toll Free: 1(888) 775-7287

Fax: 1(530) 245-9295 E-mail: SATS@snowcrest.net

Web Site: hwww.snowcrest.net/sats/

Trains in computer access, augmentative communications, ergonomic seating, and work site accessibility.

- **Sighted Electronics**

464 Tappan Rd., Northvale, NJ 07647

1(800) 666-4883 or 1(201) 767-3977 Fax: 1(201) 767-0612

E-mail: sighted@idt.net Web Site: www.sighted.com

Computer aids and reading machines for the blind and visually impaired. Braille display embossers.

- **Visionware Software**

P.O. Box 1676, Brookline, MA 02446

Phone: 1(617) 738-4757 or 1(800) 953-9262

E-mail: LP@largeprint.com or sales@largeprint.com

Web Site: www.largeprint.com

Sells Windows 95 and Windows 98 based magnification software, and

speech output programs.

For other computer-related products, see also Sensory Access Foundation (page 71), TeleSensory (page 63), and Tri Visual Services (page 80).

Computer Tutorial Programs

- **BRL Inc.**

110 Commerce Dr., Suite 210, Fayetteville, GA 30214

Telephone: 1(770) 716-9222 Fax: 1(770) 716-9599

E-Mail: BRlinc@wyfiwyg.com Web Site: www.wyfiwyg.com

Keyboard guides and tutorials.

- **Criss Cross Technologies**

110-64 Queens Blvd., #406, Forest Hills, NY 11375

Telephone: 1(718) 268-6988 E-Mail: info@crisscrosstech.com

Web Site: www.crisscrosstech.com

Various computer tutorials.

- **Desktalk**

27 Poplar St., Caulfield South 3162, Melbourne, Australia

E-mail: desktalk@netspace.net.au

Web Site: www.netspace.net.au/~desktalk

Computer training materials.

- **Empowerment Zone**

Web Site: www.empowermentzone.com

Keyboard guides, tutorials etc., including information on Visual Basic.

- **Henter-Joyce, Inc.**

11800 - 31st Court North, St. Petersburg, FL 33716

Telephone: 1(800) 336-5658 Fax: 1(727) 803-8001

E-mail: info@hj.com Web Site: www.hj.com

JAWS for Windows training information.

- **Iowa Department for the Blind**

Web Site: www.blind.state.ia.us/assist/train-res.htm

Computer training resources.

- **Justin Daubenmire**

Web Site: <http://public.surf.free.com/rdauben/default.htm>

Visual Basic tutorial for blind and visually impaired programmers.

- **National Braille Press**

88 Saint Stephen St., Boston, MA 02115

Telephone: 1(800) 548-7323 Fax: 1(617) 437-0456

Web Site: www.nbp.org/

Computer tutorial manuals.

- **T. M. T. Direct (Talk-Me-Thru Tutorials)**

840 South Sheridan Blvd, Denver, CO 80226

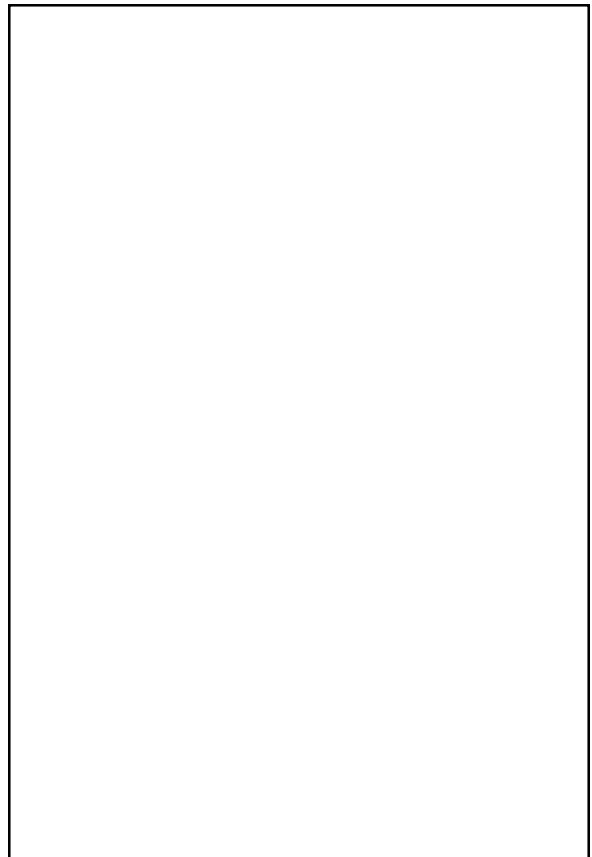
Toll Free: 1(888) 936-0001 Fax: 1(303) 936-1841

E-mail: phil@redwhiteandblue.org

Web Site: www.redwhiteandblue.org

Sells hand-held digital organizer for the blind.

**Preschool Vision Screening
Prevent Blindness Northern California**



Video Magnifiers

- **Innoventions, Inc.**

5921 S. Middlefield Rd., #102, Littleton, CO 80123

Telephone: 1(800) 854-6554 Fax: 1(303) 727-4940

E-mail: magnicam@magnicam.com

Web Site: www.magnicam.com/magnicam/

Produces electronic magnifier that is hand-held, light-weight, and auto focus, and connects to any TV or monitor.

- **JBliss Imaging Systems**

1975 East Hamilton Ave., Suite 6A, San Jose, CA 95125

1(888) 452-5477 or 1(408) 369-7600 Fax: 1(408)369-7612

E-mail: info@jbliss.com Web Site: www.jbliss.com

Sells an electronic magnifier device,

- **Magnisight, Inc.**

3360 Adobe Ct., Colorado Springs, CO 80907

Telephone: 1(800) 753-4767 Fax: 1(719) 578-9887

Web Site: www.magnisight.com

Manufactures portable and mounted video magnifier systems.

- **Max**

2130 Main St., Suite 250, Huntington Beach, CA 92648

Telephone: 1(800) 440-9476 Fax: 1(714) 374-1821

Web Site: www.enhancedvision.com

Produces hand-held electronic magnifier.

- **Okay Vision Aide Corporation**

67555 East Palm Canyon Dr., C103, Cathedral City, CA 92234

Telephone: 1(800) 325-4488 Fax (760) 321-9711

E-mail: info@ovac.com

Web Site: www.ovac.com

Manufactures portable hand-held and desk top video magnifiers.

- **Optelec U.S., Inc.**

6 Liberty Way, Westford, MA 01886

1(800) 828-1056 Fax: 1(408) 541-9138 or 1(800) 929-2444.

**E-mail: optelec@optelec.com Web Site: www.optelec.com
Produces closed circuit TV for magnification, etc. Free catalog of optical magnifiers and daily living aids.**

- **Seewell Reading Enhancers**

**30423 Canwood, Suite 126, Agoura Hills, CA 91301
1(800) 9-WALTER, 1(818) 706-2202, Fax 1(818) 706-2206
Portable video reading device, which has its own light source.**

- **TeleSensory Corporation**

**520 Almanor Ave., Sunnyvale CA 94086
Telephone: 1(408) 616-8700 or 1(800) 804-8004
Fax: 1(408) 616-8720 E-mail: info@telesensory.com
Web Site: www.telesensory.com**

Manufactures and sells devices for the visually impaired. Products include closed circuit TVs for enlarging print, computer magnification systems, computer magnification systems, and “stand alone” OCR reading machines.

- **Vision Technology**

**8501 Delport Dr., St. Louis, MO 63114
Telephone: 1(800) 560-7226 Fax: 1(314) 890-8383
E-mail: vti@visiontechinc.com
Web Site: www.visiontechinc.com
or www.freedom-machines.com
Produces Vision Excel video magnifier.**

Low Vision Clinics

Specialized low vision aids sometimes require examinations, fittings or prescriptions. Some groups listed under EDUCATION AND RECREATION (page 72) also offer low vision services. Some low vision centers are:

- **California Pacific Medical Center
Low Vision Service**
2340 Clay St., 5th Floor, San Francisco, CA 94115
Telephone: 1(415) 923-3933 Fax: 1(415) 923-3949
- **Enterprise Optometry Center
Low Vision Department**
3080 Victor Ave., Redding, CA 96002-0215
Telephone: 1(530) 222-3166
- **Family Vision Care Low Vision Clinic**
817 Coffee Road, Bldg. "D"
Modesto, CA 95355
Telephone: 1(209) 524-3881 or 1(209) 524-9291
Fax: 1(209) 524-6261 E-mail: hujSac@msn.com

Provides low vision evaluations and training in activities of daily living by an occupational therapist. Training can include use of optical devices, adaptive equipment and compensatory techniques.

- **Marin Low Vision Clinic**
(Marin Senior Center-Whistlestop)
930 Tamalpais Ave., San Rafael, CA 94901
Telephone: 1(415) 457-8890

By referral from an eye doctor only.

- **Service in Sight**
895 Trancas St., Napa, CA 94558
Telephone: 1(707) 252-2020 Fax: 1(707) 252-0329
Web Site: www.eyecarecenternv.com

By referral from an ophthalmologist.

- **Society for the Blind Inc.- Low Vision Clinic**
Sacramento Society for the Blind
 2750 - 24th St., Sacramento, CA 95818
 Phone: 1(916) 452-8271 Fax: 1(916) 452-2622
 E-mail: bashin@calweb.com
 Web Site: www.societyfortheblind.org/
- **Stanford Health Services Low Vision Clinic**
Department of Ophthalmology
 300 Pasteur Dr., Room A-175, Palo Alto, CA 94305-5308
 Telephone: 1(650) 723-6995 Fax: 1(650) 725-6619
- **University of California at Davis**
Department of Ophthalmology
Low Vision Rehabilitation Clinic
 4860 Y St., Sacramento, CA 95817-2307
 Telephone: 1(916) 734-6602 or 1(800) 635-5587
 Fax: 1(916) 734-6992
- **UCSF- Stanford Health Care; Low Vision Clinic**
 400 Parnassus Ave., 7th Floor, Box 0344, Eye Clinic
 San Francisco, CA 94143
 Telephone: 1(415) 476-5022 Fax: 1(415) 502-6334
- **University of California School of Optometry**
Low Vision Clinic and Special Visual Assessment Clinic for the Handicapped (SVACH)
 200 Minor Hall, University of California, Berkeley, CA 94720-2020
 Telephone: 1(510) 642-5726 Fax: 1(510) 642-4025
- **Vision Care Center of Central California**
 1045 S St., Fresno, CA 93721
 Telephone: 1(559) 486-2000 Fax: 1(559) 497-5455
 Web Site: www.eyecarecenter.net
- **Vision Rehab Unit**
Goldman Institute on Aging
 27000 Geary Blvd., Room 24, San Francisco, CA 94118
 Telephone: 1(415) 775-7953
 Web Site: www.drdanielschainholz.eyemd.org

Education and Training in New Skills for Daily Living

If you need to retrain yourself to find a job or if you have problems of mobility, personal hygiene, dressing yourself, eating and cooking, or communication, there are agencies that can help. Government services are listed first.

- **California State Department of Rehabilitation
Services for the Blind and Visually Impaired
2000 Evergreen St., Sacramento, CA 95815
1(916) 263-8953 Fax: 1(916) 263-7478
E-mail: suggest@rehab.cahwnet.gov
Web Site: www.rehab.ca.gov**

This Department is a key entry agency into the community service system for people with vision loss. Even if you are already employed or have no plans to go back to work, adults with vision loss (you do not need to be legally blind) may wish to phone and request that a counselor from the Department of Rehabilitation come to your home and provide services in teaching activities of daily living and independent travel, modified for persons with vision problems. Other services offered by the counselor-teacher services of the Department of Rehabilitation include instruction in braille and typing.

If you are out of work and want a job, this Department will help you with counseling, medical treatment (such as low vision assessments and, in some cases, low vision aids), and job training and placement. These services are available for any adult who has vision problems and wishes to be employed. If you are a college student, the Department of Rehabilitation will also provide reader service for you when it cannot be obtained from the public education sector (see also California State Department of Education, page 68).

The Department of Rehabilitation also has a Business Enterprise Program that trains and licenses legally blind persons for operation of vending stands and food services in public and private facilities. A training center is located in Sacramento. In larger cities, phone numbers for your local Department of Rehabilitation are found in the white pages of the telephone directory toward the front under the heading "State Government Offices," with the subheading, "Rehabilitation,

Dept. of.” If you cannot find your local listing, phone or write the central state office listed at the beginning of this section.

- **Orientation Center for the Blind**

400 Adams St., Albany, CA 94706-1197

Telephone: 1(510) 559-1208 Fax: 1(510) 525-4922

E-mail: mcole@rehab.cahwnet.gov

A residential rehabilitation facility with instruction in pre-vocational skills: braille, independent travel, computer access, independent living, personal business, cooking, industrial arts, and sewing. Non-visual techniques are emphasized. To attend OCB, an individual must be a client of the California Department of Rehabilitation. Length of stay averages seven months. No fees.

- **California Department of Social Services**

Office of Services to the Blind (OSB)

744 P St., M.S. 6-94, Sacramento, CA 95814

Telephone: 1(916) 657-3327 Fax: 1(916) 229-4198

E-mail: lbardis@dss.ca.gov

Web Site: www.dss.cahwnet.gov/getser/blind.html

Provides information and training to promote knowledge about blindness. Administers the Assistance Dog Special Allowance program, which provides a monthly allowance for the care, maintenance and feeding of professionally trained, guide, signal, and service dogs to eligible recipients of Supplemental Security Income/State Supplemental Payment (SSI/SSP), or In Home Supportive Services (IHSS).

- **Veterans Administration**

Western Blind Rehabilitation Center

Building 48, 3801 Miranda Ave., Palo Alto, CA 94304

Telephone: 1(650) 493-5000, Ext. 64361 Fax: 1(650) 852-3472

Provides rehabilitative services for legally blind veterans and members of the United States Armed Forces. Services include: ophthalmology; optometric low vision prescription and training; training in orientation and mobility; training in daily living skills; independent living program; family training; manual skills; computer access training; and provision of low vision aids and prosthetic devices.

- **Veterans Administration Medical Center**

Visual Impairment Service Team

4150 Clement St., San Francisco, CA 94121
Telephone: 1(415) 750-6604 Fax: 1(415) 750-2261
E-mail: donovan.alice-margie@sanfrancisco.va.gov

The coordinator provides services to all legally blind veterans. Services include rehabilitation training, adaptive devices, support groups, information, and a benefits review.

- **Veterans Affairs Central California Health Care System**

2615 E. Clinton Ave., Fresno, CA 93703
Telephone: 1(559) 228-5398, ext. 5052 Fax 1(559)228-6911
E-mail: michelle.u'ren@med.va.gov

Services to all legally blind veterans, including rehabilitation training, adaptive devices, support groups, information, and a benefits review.

See also Blinded Veterans Association (page 104).

- **California State Department of Education**

Special Education Division
515 L St., Suite 270, Sacramento, CA 95814
Telephone: 1(916) 445-4613 Fax: 1(916) 327-3516
E-mail: jhazekam@cde.ca.gov
Web Site: www.cde.ca.gov/spbranch/sed/index.htm

Most visually impaired students attend local public schools with sighted peers. The Special Education Division provides technical assistance to parents, staff, and administrators regarding the education of visually impaired students, including an on-line directory of low incidence programs, services and resources (see web site). Financial support is provided to local education agencies for specially trained teachers of the visually impaired; orientation and mobility specialists; specialized books; equipment and materials; transcribing; and other specialized services. Publishes Program Guidelines for Visually Impaired Individuals and other materials.

- **California Department of Education**

Clearinghouse for Specialized Media and Technology
560 J St., Suite 390, Sacramento, CA 95814
Telephone: 1(916) 445-5103 Fax: 1(916) 323-9732
TDD: 1(916) 323-2202

Provides specialized instructional material, aids, and equipment to students with disabilities. Records textbooks for visually handicapped students, provides consultant services to school personnel serving visually handicapped students, and conducts annual American Printing House for the Blind registration of California public and private schools. Publishes a list of California transcribers.

- **California School for the Blind**
500 Walnut Ave., Fremont, CA 94536
Telephone: 1(510) 794-3800 Fax: 1(510) 794-3813
E-mail: swittens@csb.cde.ca.gov

A residential or day school for blind, partially blind, deaf and multi-disabled blind children from age 3 years through age 22. No fees.

Rehabilitation and education opportunities other than those run by the California State Departments of Rehabilitation and Education are:

- **Guide Dogs for the Blind, Inc.**
P.O. Box 151200, San Rafael, CA 94915
Telephone: 1(800) 295-4050
E-mail: information@guidedogs.com
Web Site: www.guidedogs.com

Qualified blind men and women, over age 16, can receive guide dogs and in-residence training in the use of those dogs at no cost.

- **Guide Dog Users, Inc.**
14311 Astrodome Dr., Silver Spring, MD 20906
E-mail: jcsheehan@smart.net Web Site: www.gdui.org
Membership, \$10.00 a year, includes quarterly NLS 4-track cassette newsletter, *Pawtracks*. Monthly cassette magazine *Dog Fancy* for \$24 a year. Free informational brochures on guide dog use.

- **Hadley School for the Blind**
700 Elm St., Winnetka, IL 60093
Telephone: 1(800) 323-4238 Fax: 1(847) 446-0855
E-mail: info@hadley-school.org
Web Site: www.hadley-school.org

Over 90 tuition-free accredited home study courses for visually impaired of all ages in braille, on cassette, and large print. Includes academic, vocational, rehabilitation, and parent/child courses. Courses are also available for parents of blind children, family members of adults who are blind, and professionals working in the blindness field.

- **Hearing and Deafness Resource Center**

San Francisco Senior Center at Aquatic Park

890 Beach St., San Francisco, CA 94109

Voice: 1(415) 923-4485 Fax: 1(415) 775-4020

Provides: counseling, guidance, referral information, educational materials, technology displays, support group, and educational programs. People with losses of both hearing and vision welcome.

- **Hearing Society for the Bay Area, Inc.**

870 Market St., Suite 330, San Francisco, CA 94102

Web Address: www.hearingsociety.org

Telephone: 1(415) 693-5870 Fax: 1(415) 834-1538

TTY: 1(415) 834-1005 E-Mail: info@hearingsociety.org

Counseling, guidance, referral information, outreach, and education. Hearing Aid Loans for people unable to afford new hearing aids; demonstration and sales of assistive devices.

- **Living Skills Center for the Visually Impaired**

13830 San Pablo Ave., Suite "B", San Pablo, CA 94806

Telephone: 1(510) 234-4984 Fax: 1(510) 234-4986

E-mail: skillscr@Flash.net

Training in daily living skills, mobility, technology, vocational skills, and financial management in an independent apartment setting.

- **Oakland Deaf and Hard of Hearing Youth Project**

1212 Broadway, Suite 400, Oakland, CA 94612

Voice/TTY: 1(510) 663-2960 TTY: 1(510) 839-4889

Fax: 1(510) 763-1490

E-mail: nancy@hearingsociety.org

Individual, group, and family services for deaf and hard of hearing children and youth.

- **Recording for the Blind and Dyslexic
Northern California Unit**

488 West Charleston Rd., Palo Alto, CA 94306

Telephone: 1(650) 493-3717 Fax: 1(650) 493-5513

E-mail: eedberg@rfd.org Web Site: www.rfd.org

Records educational material on tape as requested. One time fee of \$50.00, with a \$25 annual fee.

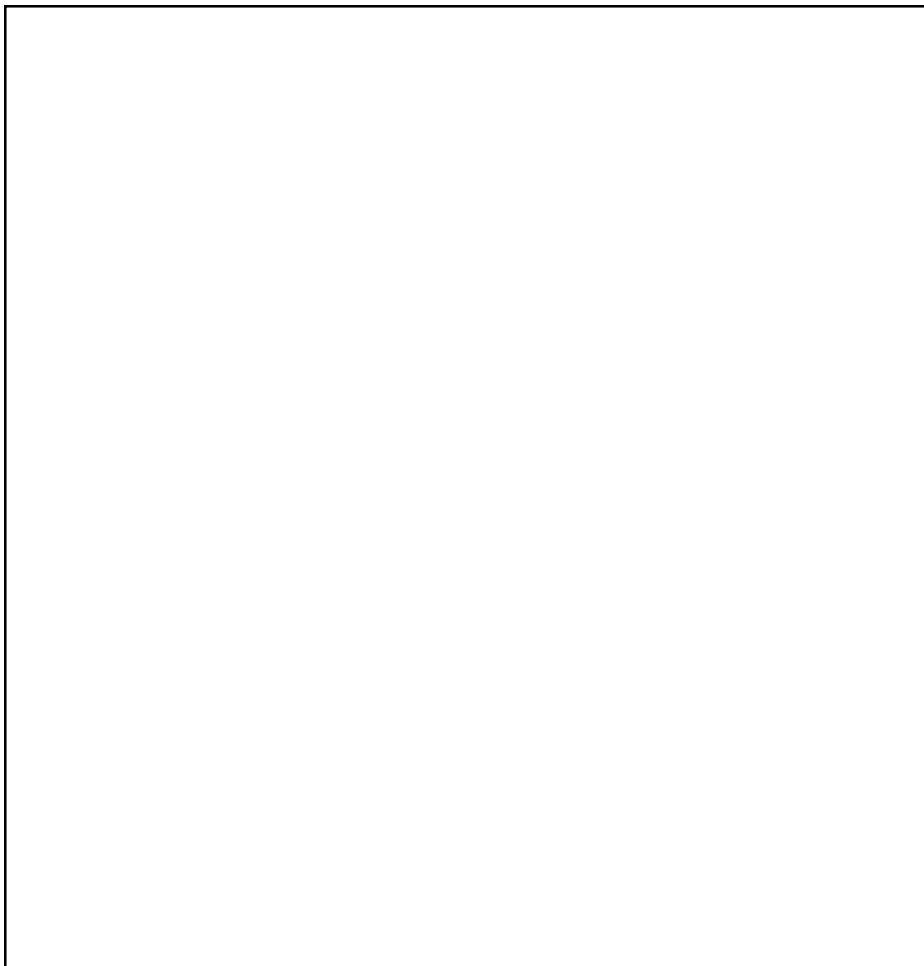
- **Sensory Access Foundation (SAF)**

1142 W. Evelyn Ave., Sunnyvale, CA 94086-5742

Telephone: 1(408) 245-7330 Fax: 1(408) 245-3762.

Web Site: www.sensoryaccess.com

Assists individuals who are blind or visually impaired to achieve competitive employment, including job placement, etc.



**Preschool Vision Screening
Prevent Blindness Northern California**

Education and Recreation

Some areas in Northern California have organizations that provide both training and social programs.

- **Blind and Visually Impaired Center of Monterey County**

225 Laurel Ave., Pacific Grove, CA 93950

1(831) 649-3505 or, in the Salinas area, 1(800) 404-3505

Fax: 1(831) 649-4057

E-mail: vision@blindandlowvision.org

Web Site: www.blindandlowvision.org

Instruction in daily living skills, orientation, mobility, and braille; low vision assessment and evaluation; training in use of low vision aids; recreation, support groups, low vision clinic; demonstration and sale of low vision devices; demonstration of assistive technology.

- **Community Blind Center**

130 West Flora St., Stockton, CA 95202

Telephone: 1(209) 466-3836 Fax: 1(209) 466-5692

E-mail: cbc@gotnet.net

Sale of low vision devices, daily living skills, orientation and mobility, braille instruction, support groups, computer instruction, social activities and recreation.

- **Doran Center for the Blind and Visually Impaired**

413 Laurel St., Santa Cruz, CA 95060

Telephone: 1(831) 458-9766 Fax: 1(831) 458-9766

Low vision exams, sale of low vision devices, daily living skills, orientation and mobility, braille instruction, and recreation.

- **Earle Baum Center of the Blind**

4539 Occidental Rd., Santa Rosa, CA 95401

Telephone: 1(707) 523-3222 Fax: 1(707) 523-7833

A community center of the blind, the EBC offers rehabilitation services, recreation, sports, support, and social activities for all ages.

- **East Bay Center for the Blind, Inc.**

2928 Adeline St., Berkeley, CA 94703

Telephone: 1(510) 843-6935

Training classes including braille and daily living skills, supplies such as canes and braille paper, and recreation.

- **Fairfield Senior Center**

1200 Civic Center Dr., Fairfield, CA 94533

Telephone: 1(707) 428-7421 Fax: 1(707) 428-7743

Support and activity groups meet once a month.

- **Friendship Center for the Blind and Visually Impaired**

2032 Kern Mall, Fresno, CA 93721

Telephone: 1(559) 266-9496 Fax: 1(559) 266-6879

Training in daily skills, orientation and mobility, counseling, support groups, home visits, and recreation.

- **INDEPENDENT LIVING CENTERS
IN NORTHERN CALIFORNIA**

Services include peer counseling, independent living skills training, information, and referral, and are offered at the places listed alphabetically by city of location below.

- **Placer Independent Resources Services (Auburn)**
11768 Atwood Rd., Suite 29, Auburn, CA 95603
Telephone: 1(530) 885-6100 Fax: 1(530) 885-3032
TDD: 1(530) 885-0326 E-mail: tmiller@pirs.puhsd.k12.ca.us
- **Center for Independence of the Disabled, Inc. (Belmont)**
875 O'Neill Ave., Belmont, CA 94002
Telephone: 1(650) 595-0783 Fax: 1(650) 595-0261
TDD: 1(650) 595-0743 E-mail: cidbelmont@aol.com
- **Center for Independent Living (Berkeley)**
2539 Telegraph Ave., Berkeley, CA 94704
Telephone: 1(510) 841-4776 Fax: 1(510) 841-6168
TDD: 1(510) 841-3101 E-mail: webmaster@cilberkeley.org
Web Address: www.cilberkeley.org
- **Independent Living Services of Northern California (Chico)**

**1161 East Ave., Chico, CA 95926
Telephone: 1(530) 893-8527 Fax: 1(530) 893-8574
TDD: 1(530) 893-8527 E-mail: ilsnc@maxinet.com**

- **Independent Living Resource of Contra Costa County (Concord)
3200 Clayton Rd., Concord, CA 94519
Telephone: 1(925) 363-7293 Fax: 1(925) 363-7296
TDD: 1(925) 363-7293 E-mail: llrccc@aol.com**
- **Center for Independence of the Disabled, Inc. (Daly City)
355 Gellert Blvd., Suite 256, Daly City, CA 94015
Telephone: 1(650) 991-5125 Fax: 1(650) 991-5182**
- **Humboldt Access Project (Eureka)
812 Sixth St., Eureka, CA 95501
Telephone: 1(707) 445-8404 Fax: 1(707) 445-9751
TDD: 1(707) 445-8404 E-mail: hap@northcoast.com**
- **Center for Independent Living (Fresno)
3475 West Shaw Ave., Suite 101, Fresno, CA 93711
Telephone: 1(559) 276-6777 Fax: 1(559) 276-6778
TDD: 1(559) 276-6779**
- **Community Resources for Independence (Ft. Bragg)
980 Hopper Ave., Ft. Bragg, CA 95437
Telephone: 1(800) 528-7704 Fax: 1(707) 463-8878
TDD: 1(707) 462-4498**
- **Silicon Valley Independent Living Center (Gilroy)
7415 Egleberry St., Suite C, Gilroy, CA 95020
Telephone: 1(408) 847-1805 Fax: 1(408) 847-5595
TDD: 1(408) 847-1845**
- **Foundation of Resources for Equality and
Employment for the Disabled (Grass Valley)
154 Hughes Rd., Suite 1, Grass Valley, CA 95945
Telephone: 1(530) 272-1732 Fax: 1(530) 272-7793
TDD: 1(530) 272-1732**
- **Community Resources for Independent Living (Hayward)
439 A St., Hayward, CA 94541**

**Telephone: 1(510) 881-5743 Tri-Valley: 1(925) 484-1481
Fax: 1(510) 881-1593 TDD: 1(510) 881-0218
E-Mail: CrilSvc4u@aol.com**

- **Foundation of Resources for Equality and Employment for the Disabled (Marysville)
508 "J" St., Marysville, CA 95901
Telephone: 1(530) 742-4474 Fax: 1(530) 742-4476**
- **Disability Resource Agency for Independent Living (Modesto)
221 McHenry Ave., Modesto, CA 95354
Telephone: 1(209) 521-7260 Fax: 1(209) 521-4763
TDD: 1(209) 521-1425 E-Mail: dwight@drail.org**
- **Community Resources for Independence (Napa)
1040 Main St., Suite 301, Napa, CA 94559
Telephone: 1(707) 258-0270 Fax: 1(707) 258-0275
TDD: 1(707) 258-0274**
- **Center for Independent Living (Oakland)
436 - 14th St., Suite 218, Oakland, CA 94612
Telephone: 1(510) 763-9999 Fax: 1(510) 763-4910
TDD: 1(510) 444-1837**
- **Independent Living Services of Northern California (Redding)
1411 Yuba St., Redding, CA 96001
Telephone: 1(530) 242-8550 Fax: 1(530) 241-1454
TDD: 1(530) 242-8550 E-mail: ilsncrdg@maxinet.com**
- **Independent Living Resource of Contra Costa (Richmond)
402 Harbour Way, Richmond, CA 94806
Telephone: 1(510) 232-4942**
- **Resources for Independent Living (Sacramento)
1211 H St., Suite B, Sacramento, CA 95814
Telephone: 1(916) 446-3074 Fax: 1(916) 446-2443
TDD: 1(916) 446-3074 E-Mail: ril@sna.com**
- **Central Coast Center for Independent Living (Salinas)
234 Capitol St., Suite A, Salinas, CA 93901**

Telephone: 1(831) 757-2968 Fax: 1(831) 757-5549

TDD: 1(831) 757-2968

E-Mail: cccil@cccil.org Web Site: progway.org/CCCIL.html

Note: CCCIL in Salinas also has satellite offices in Santa Cruz (see below) and ones that are staffed one day a week in King City, Greenfield, Hollister, Monterey, Sand City, Soledad, and Watsonville.

- **Independent Living Resource Center (San Francisco)**
649 Mission St., Third Floor, San Francisco, CA 94105
Telephone: 1(415) 543-6222 Fax: 1(415) 543-6318
TDD: 1(415) 543-6698

- **Silicon Valley Independent Living Center (San Jose)**
2306 Zanker Rd., San Jose, CA 95131
Telephone: 1(408) 894-9041 Fax: 1(408) 894-9050

- **Marin Center for Independent Living (San Rafael)**
710 Fourth St., San Rafael, CA 94901
Telephone: 1(415) 459-6245 Fax: 1(415) 459-7047
TDD: 1(415) 459-7027 E-Mail: bob@ihss.org

- **Central Coast Center for Independent Living (Santa Cruz Office)**
1395 - 41st Ave., Suite B, Capitola, CA 95010
Telephone: 1(831) 462-8720 Fax: 1(831) 462-8727
TDD: 1(831) 462-8729 E-Mail: cccilcap@cccil.org

- **Community Resources for Independent Living (Santa Rosa)**
2999 Cleveland Ave., Suite D, Santa Rosa, CA 95403
Telephone: 1(707) 528-2745 Fax: 1(707) 528-9477
TDD: 1(707) 528-2151

- **Disability Resource Agency for Independent Living (Sonora)**
67 Linoberg St. #B, Sonora, CA 95370
Telephone: 1(209) 532-0963 Fax: 1(209) 532-1591
TDD: 1(209) 532-0963

- **Disability Resource Agency for Independent Living (Stockton)**
4555 Precissi Lane, Suite 2, Stockton, CA 95207
Telephone: 1(209) 477-8143 Fax: 1(209) 477-7730
TDD: 1(209) 477-7734

- **Community Resources for Independence (Ukiah)**
1040 N. State St., Suite E, Ukiah, CA 95482
Telephone: 1(707) 463-8875 Fax: 1(707) 463-8878
TDD: 1(707) 463-4498

- **Lions Blind Center of Diablo Valley**
175 Alvarado Ave., Pittsburg, CA 94565
Telephone: 1(925) 432-3013 or 1(800) 750-3937
Fax: 1(925) 432-7014

Demonstration and sale of low vision devices, daily living skills, orientation and mobility, braille, support groups, and recreation.

- **Lions Center for the Blind, Oakland**
3834 Opal St., Oakland, CA 94609
Telephone: 1(510) 450-1580 Fax: 1(510) 654-3603
E-mail: gnat15@hotmail.com

Job placement, independent living training, orientation and mobility, counseling, braille, information and referral, computer training, office skills training, and work training.

- **Lions Blind Center of Santa Clara / Silicon Valley**
101 North Bascom Ave., San Jose, CA 95128
Telephone: 1(408) 295-4016
E-mail: lhlbc@aol.com
Web Site: www.visionbeyondsight.org

Demonstration and sale of low vision devices, daily living skills, computer training, braille materials, social and recreational programs.

- **Low Vision Support Group**
Woodlands Senior Center
131 Hays St., Woodland, CA 95695
Phone: (530) 662-0535
E-mail: lucbobtalk@aol.com

Resources, guidance, speakers, and social activities. Meets monthly on the first Tuesday afternoon at the Woodland Senior Center.

- **Macular Degeneration Support Group of Chico**
907 Bryant Ave., Chico, CA 95926
Telephone: 1(530) 342-4676
- **Macular Degeneration Support Group of Redding**
Telephone: 1(530) 243-2842 or 1(530) 244-2637
Monthly meetings at Mercy Medical Center in Redding.
- **Macular Degeneration Support Group of Sonoma**
Telephone: 1(707)996-0982 Fax: 1(707)996-3405
Monthly meetings on first Monday at Vintage House in Sonoma.
- **National Association for Visually Handicapped**
3201 Balboa St., San Francisco, CA 94121
Telephone: 1(415) 221-3201 Fax: 1(415) 221-8754
E-mail: staffca@navh.org Web Site: www.navh.org
Low vision aids, public and professional education, support groups, large print educational series, recreation, home visits, large print loan library. (For other services for the HIV positive, see Rose Resnick Lighthouse, page 79)
- **Peninsula Center for the Blind and Visually Impaired**
2470 El Camino Real, Suite 107, Palo Alto, CA 94306
Telephone: 1(650) 858-0202 Fax: 1(650) 858-0857
from area code 408 only, 1(800) 660-2009
E-mail: center@pcbvi.org Web Site: www.pcbvi.org
Support groups, training in daily living skills, orientation and mobility, computer training, job placement, low vision examinations, and sale of low vision devices.
- **Placer Visual Center**
11569 F Ave., Auburn, CA 95603
Telephone: 1(530) 885-1154 Fax: 1(530) 823-1406
E-mail: cwalsh@adult.puhsd.k12.ca.us
Services include classes in daily living skills and leisure activities for

visually impaired adults.

- **Rose Resnick Lighthouse for the Blind and Visually Impaired**

214 Van Ness Ave., San Francisco, CA 94102

Telephone: 1(415) 431-1481, TTY: 1(415) 431-4572

Fax: 1(415) 863-7568

E-Mail: ir@lighthouse-sf.org Web Site: www.lighthouse-sf.org/

Services for children and adults include sale of low vision devices, support groups, daily living skills, orientation and mobility, computer classes, transitional counseling, and the Enchanted Hills Camp (see page 82). Volunteers available for reading and in-home assistance, and services for people living with AIDS who have sight loss.

- **Sacramento Society for the Blind Visual Services Center**

2750 - 24th St., Sacramento, CA 95818

Telephone: 1(916) 452-8271 E-mail: bashin@calweb.com

Web Site: www.societyfortheblind.org/

Low vision exams, sale of low vision devices, daily living skills, orientation and mobility, and support groups.

- **Sierra Services for the Blind**

P.O. Box 3423 Grass Valley Calif. 95945

Telephone: 1(530) 478 5264 Fax:1(530)265-2198

E-mail: rlang75479@jps.net Web Site: www.jps.net/rlang75479/

Independent living skills, orientation and mobility, senior support groups, home visits, legal advocacy, transportation, and recreation.

- **Stanislaus Association of the Blind**

2625 Coffee Rd., Box 178, Modesto, CA 95355-2050

Telephone: 1(209) 522-5615

Peer support, braille lessons, and recreation.

- **Support Group for the Blind and Visually Impaired of Oroville**

517 Plumas Ave., Oroville, CA 95965

Telephone: 1(530) 533-3619

- **Tri Visual Services**

1722 J St., Suite 2, Sacramento, CA 95814

Telephone: 1(916) 447-7323 Fax: 1(916) 447-7324

E-mail: t_visual@pacbell.net

Radio reading service for Sacramento and Northern California area. Provides newspapers and magazine reading over second audio program (SAP) channel of KVIE Channel 6.

- **Vision Impaired of Marin, Inc.**

9 Ross Valley Dr., San Rafael, CA 94901

Telephone: 1(415) 459-5066

Recreation, education, and support groups. Low vision services at Marin Low Vision Clinic, mostly through referrals.

- **Vision Loss Group of Marin**

Margaret Todd Senior Center, 1560 Hill Rd., Novato, CA 94947

Telephone: 1(415) 499-6802

Information sharing and support group meets weekly.

- **Vision Resource Center**

1319 Sacramento St., Redding, CA 96001-1073

Telephone: 1(530) 243-2842 fax: 1(530) 243-1073

E-mail: vrc-scs@nstate.net

Independent living skills, instruction in adaptive technology, braille classes, counseling orientation and mobility, support groups, in-home services in Shasta county, seminar and professional education.

See also Adaptive Aids and Devices (page 49), Low Vision Clinics (page 64), and Personal Computer Systems (page 58, computer games for blind computer users).

Outdoor Activity, Sports and Travel

Loss of vision should not prevent you from engaging in almost any sport - for example, swimming, bowling, ball playing, golf, fishing, running, cycling, skiing, and climbing. The major limitation for your participation in these sports will be your energy level rather than your vision. Adapted, special recreation exists for the person with sight loss, but its availability is not always advertised. Many museums have special tactile or recorded tours. The Strybing Arboretum in Golden Gate Park in San Francisco has a Fragrance Garden where braille plaques identify each plant, which you are encouraged to touch and smell. Recorded guides to the garden are also provided. Other communities offer similar opportunities. A few organizations devoted to outdoor sports are listed below:

- **Access Abilities**

P.O. Box 458, Mill Valley, CA 94942

Telephone: 1(415) 388-3250 Fax: 1(415) 383-8718

E-mail: elieber@accessabil.com Web Site: www.accessabil.com

Information on accessible travel and sight-seeing opportunities.

- **Bay Area Association of Disabled Sailors (BAADS)**

South Beach Yacht Harbor, P. O. Box 77212

San Francisco, CA 94107

Telephone: 1(415) 281-0212 or 1(510) 655-8863

Sailing in adapted sailboats. Free weekly sailing classes and other club activities. \$24 yearly dues. Large print or audiotape newsletter.

- **Bay Area Outreach and Recreation Program (BORP)**

830 Bancroft Way, Berkeley, CA 94710

Telephone: 1(510) 849-4663 Fax: 1(510) 849-4616

Outdoor sports activities for people with low vision; resource library for recreation and sports; consultation.

- **California Department of Fish and Game**

The License Section

3211 S St., Sacramento, CA 95816

Telephone: 1(916) 227-2244 Fax: 1(916) 227-2268

Web Site: www.dfg.ca.gov/dfghome.html

Free fishing licenses available by mail. Certificate of legal blindness by an ophthalmologist or optometrist required.

- **The Campanian Society, Inc.**

Box 167, Oxford, OH 45056

Telephone: 1(513) 524-4846 Fax: 1(513) 523-0276

E-mail: campania@one.net Web Site: www.campanian.org

Travel programs for blind and visually impaired people.

- **Disabled Sports USA Far West**

Tahoe Adaptive Ski School

P.O. Box 9780, Truckee, CA 96162

Telephone: 1(530) 581-4161 Fax: 1(530) 581-3127

E-mail: dsusatah@truckee.net Web Site: www.dsusafw.org

Instruction in snow skiing, water skiing, sailing, white-water rafting and camping for people with disabilities.

- **Enchanted Hills Camp**

Rose Resnick Lighthouse for the Blind

214 Van Ness Ave., San Francisco, CA 94102

Telephone: 1(415) 431-1481 TTY: 1(415) 431-4572

Fax: 1(415) 863-7568 Web Site: www.lighthouse-sf.org/

Resident summer camp in Napa for visually impaired, blind, deaf/blind, children, adults and seniors. Located in the Napa hills. Swimming, horseback riding, hiking, sports, gardening, arts and crafts, music, and theater. Financial assistance available.

- **Environmental Traveling Companions (ETC)**

Fort Mason Center, Bldg. C, Room 360, San Francisco, CA 94123

Telephone: 1(415) 474-7662

E-mail: sue@etctrips.org Web Address: www.etctrips.org

Cross-country skiing, kayaking, and white-water rafting for people with sight loss.

- **Shasta Mountain Guides**

1938 Hill Rd., Mt. Shasta, CA 96067

Telephone: 1(530) 926-3117 Fax: 1(530) 926-3117

E-mail: guides@macshasta.com

Web Site: www.shastaguides.com

Guided mountain climbs at all levels.

- **United States Association of Blind Athletes**

33 North Institute, Colorado Springs, CO 80903

Telephone: 1(719) 630-0422

E-mail: usainfo@iex.net Web Site: www.usaba.org

Provides sports opportunities for the visually impaired. Yearly membership fee.

- **United States Blind Golfers Association**

3094 Shamrock St. N, Tallahassee, FL 32308

Telephone and Fax: 1(850) 893-4511

E-mail: usbga@blindgolf.com Web Site: www.blindgolf.com

Information on teaching or learning blind golf; sponsors a national tournament. Quarterly newsletter *The Midnight Golfer*.

The National Library Service (page 85) publishes a circular, *Sports, Outdoor Recreation and Games for Visually and Physically Impaired Individuals*, which describes adapted sports equipment and other useful information for people with impaired vision. NLS also publishes a series of free leisure booklets, including *Birding and Fishing*. These titles are available in print, on records, or in braille.

Large Print, Talking Books, Braille, Radio, and TV

Reading and music programs are offered by the National Library Service for the Blind and Physically Handicapped. The reading service will allow you to listen to books and magazines from current novels to how to invest your money. Materials—records, tapes and playback equipment, and braille books—come to you through the mail, all without cost. Catalogs containing new listings are sent periodically. The first step in obtaining this excellent free service is to write or phone for an application form. In Northern California, except for Fresno and San Francisco, the National Library Service for the Blind and Physically Handicapped is provided through the regional library:

- **California State Library
Braille and Talking Book Library**

For Books and Machines Only:

900 N St., Sacramento, CA 95814

Telephone: 1(916) 654-0640 or 1(800) 952-5666

Fax: 1(916) 654-1119

Mailing Address: P. O. Box 942837, Sacramento, CA 94237-0001

E-mail: btbl@library.ca.gov Web Site: www.loc.gov/nls

Recorded materials on audio cassette or compact disk by mail. In the Fresno and San Francisco regions, two subregional libraries listed below also provide home visits or walk-in service. Magnifiers and other assistive devices are available on premises.

- **Fresno County Free Library
Talking Book Library for the Blind**

770 North San Pablo Ave., Fresno, CA 93728

1(559) 488-3217 or 1(800) 742-1011 Fax: 1(559) 488-1971

TDD: 1(559) 488-1642 E-mail: weisenbe@sjvls.lib.ca.us

Hours: 9:30 AM to 5:30 PM, Monday through Friday

Offers the free recorded material and other services listed above. Also has a special collection of classic radio plays, and publishes a library newsletter available in large print or on audio cassette. Service area includes Fresno, Madera, Kings, and Tulare counties.

- **San Francisco Public Library: Library for the Blind and Print Disabled**

100 Larkin St., Civic Center, San Francisco, CA 94102

Telephone: 1(415) 557-4253 Fax: 1(415)357-4375

E-mail: lbphmgr@sfpl.lib.ca.us

10 AM to 6 PM on Tuesdays and Wednesdays,

1 PM to 6 PM Mondays and Thursdays, Noon to 5 PM Fridays

In addition to the free recorded material and other services listed above, the San Francisco library has computers with scanners and voice and large-print output, catalog-linked braille embossers, closed circuit TV, and magnifiers; circulates descriptive videos; publishes a quarterly newsletter and voter information tapes before each election; and puts out bi-monthly talking book topics.

The National Library Service also publishes reference circulars, bibliographies, fact sheets, etc. on subjects of wide interest. In addition to the reading program, the Library of Congress has another program designed to teach music, from harmony to learning how to play an instrument. Music manuscripts also available in braille and large print. The music service is available only through the National Library Service in Washington, DC, listed below, and not through State regional or subregional libraries. Web Site: www.loc.gov/nls/

- **National Library Service for the Blind and Physically Handicapped, Library of Congress**

81291 Taylor St., N.W., Washington, D.C 20542

Telephone: 1(202) 707-5100 1(800) 424-9100

1(800) 345-8901(Español) TDD: 1(202) 707-0744

Fax: 1(202) 707-0712 Web Site: <http://lcweb.loc.gov/nls/>

Publishes directories of library resources for people who are blind.

Some of the other organizations that produce large print, recorded or braille materials and signs, or radio and TV materials are:

- **AccuBraille**
 141 Industrial St. Unit 1, San Francisco, CA 94124
 Telephone: 1(415) 970-9229 Fax: 1(415) 970-9228
 E-mail: luceen@aol.com Web Site: www.garnettsignstudio.com
 Manufactures braille decals and braille instruction plates or signs for elevators, ATMs, vending machines mail boxes, etc. for compliance with ADA. Also produces braille and large-print instruction booklets.

- **American Printing House for the Blind (APH)**
 P.O. Box 6085, Louisville, KY 40206-0085
 Telephone: 1(800) 223-1839 Fax: 1(502) 899-2274
 E-mail: info@aph.org Web Site: www.aph.org/
 Sells braille, large type, and electronic books, braille music, braille and recorded magazines, synthetic speech computer products, talking book equipment, instructional and daily living aids, and a database of accessible books.

- **Arts Access News**
 c/o Integrated Arts, 933 Parker St., Ste. 45, Berkeley, CA 94710
 E-mail: aneditor@integratedarts.org
 Newsletter (not in large print) with information on audio-described, wheelchair accessible, ASL interpreted, etc. art functions.

- **Audio Books Online**
 3325 Hinesburg Rd., Richmond, VA 05477-9702
 Telephone: 1(800) 639-1862
 E-mail: lbohen@audiobooksonline.com
 Web Site: www.lbohen@audiobooksonline.com
 For purchase of audio books on-line.

- **Audio Editions, Books on Cassette**
 P.O. Box 6930, Auburn, CA 95604
 1(530) 888-7801 or 1(800) 231-4261 Fax: 1(800) 882-1840
 E-mail: info@audioeditions.com
 Web Site: www.audioeditions.com
 Over 5,000 audio books in stock covering all interests. Free catalog.

- **Audio Vision**
 2595 Capitol Oaks Dr., Sacramento, CA 95833
 Telephone: 1(916) 929-0991 E-mail: tvsvav@hotmail.com

Radio reading service for Sacramento and Northern California area. Provides newspapers and magazine reading over second audio program (SAP) channel or KVIE Channel 6.

- **Blackstone Audiobooks**

Department N, PO Box 969, Ashland, OR 97520

Telephone: 1(800) 729-2665

Web Site: www.blackstoneaudio.com

Books on CD's. Free catalog.

- **Blind San Franciscans, Inc.**

1591 Jackson St., Suite 8, San Francisco, CA 94109

Telephone: 1(415) 563-4896

Large print and braille maps of San Francisco. Signature and writing guides. Grants/no-interest loans for purchase of assistive devices related to employment. Also offers peer counseling.

- **Blindskills, Inc.**

P. O. Box 5181, Salem, OR 97304-0181

1(503) 581-4224 or 1(800) 860-4224 Fax: 1(503) 581-0178

E-mail: blindskl@teleport.com

Web Site: www.teleport.com/~blindskl/

Quarterly magazine, *Dialogue*, with poetry, fiction, technology, etc. on braille, cassette, large print and diskette. Annual rate \$28.00 for the legally blind; \$40.00 for others.

- **Books Aloud, Inc.**

Box 5731, San Jose, CA 95150-5731

180 West San Carlos, San Jose, CA 95113-2096

Telephone: 1(408) 277-4878 or 1(408) 277-4818

E-mail: booksaloud@juno.com Web Site: www.booksaloud.org

Lends recorded books on all subjects free of charge. Verification of visual impairment is required.

- **Books on Tape, Inc.**

P.O. Box 7900, Newport Beach, CA 92658

Telephone: 1(800) 626-3333 Fax: 1(714) 825-0756

Web Site: www.booksontape.com

Rents and sells audio books.

- **Braille Publishers, Inc.**

15 St. Andrews Rd., #6 Valley Springs, CA 95252

Telephone: 1(209) 772-8850 Fax: 1(209) 772-8851

E-mail: rebbett@braillepublishers.com

Web Site: www.BraillePublishers.com

Produces braille and large print materials and tactile graphics. Academic testing materials.

- **Broadcast Services for the Blind**

Rose Resnick Lighthouse

214 Van Ness Ave., San Francisco, CA 94102

Telephone: 1(415) 431-1481 Fax: 1(415) 863-7568

E-mail: dpickering@lighthouse-sf.org or bsb@lighthouse-sf.org

Web Site: www.lighthouse-sf.org

Newspaper reading service carried on the SAP channel of KTVU channel 2 Fox TV, in San Francisco. (Refer to the owner's manual for stereo TVs or VCRs to learn how to switch from stereo to SAP. Pre-tuned stand-alone SAP receivers are also available for \$65.00.)

- **Choco Braille®**

P.O. Box 5408364, Flushing, NY 11354

1(888) 568-6665 Web Site: www.chocobraille.com

Sells many novelty gifts including 3D chocolate labrador and guidedogs embossed with a brailled message *BEST FRIEND*.

- **Choice Magazine Listening**

85 Channel Dr., Port Washington NY 11050

Telephone: 1(516) 883-8280 Fax: 1(516) 944-6849

E-mail: lyndobrin@earthlink.net

Web Site: www.coast-resources.com/choicemagazine

Free selections from different print magazines recorded on 4-track cassette tapes playable on special-speed Library of Congress playback machines; Offered to college level and older; no return policy.

- **Descriptive Video Service, WGBH**

125 Western Ave., Boston, MA 02134

Telephone: 1(800) 333-1203 Fax: 1(617) 783-8668

Web site: www.wgbh.org/dvs E-mail dvs@wgbh.org

Makes some television programs accessible to the visually impaired by adding narrated descriptions during pauses in the regular soundtrack. Available on PBS in the San Francisco and Sacramento areas, and on Turner Classic Movies on cable television. Also sells described movies on videocassette. Free brochure.

- **Doubleday Large Print Home Library**

6550 East 30th St., Indianapolis, IN 46219

1(317) 542-6000 Web Site: www.doubledaylargeprint.com

A book club with large-print books.

- **HotBraille**

Telephone (voice): 1(202) 416-8727 Fax: 1(202) 416-8802

TTY: 1(202) 416-8728 E-mail: access@kennedy-center.org

Web Site: www.hotbraille.com

Free web-based braille transcription.

- **Howe Press of Perkins School for the Blind**

175 North Beacon St., Watertown, MA 02472

Telephone: 1(617) 924-3490 Fax: 1(617) 926-2027

Sells the Perkins Brailier (manual or electric), braille paper, braille slates, math aids, drawing kits, games, etc. Catalog.

- **Library Reproduction Services (LRS)**

Telephone: 1(800) 255-5002 Fax: 1(310) 354-2601

E-mail: lrprint@aol.com Web Site: www.lrs-largeprint.com

Large print classics for all ages and children's literature. Also available are large print reproductions of any and all materials. Free catalog.

- **MSMT Braille Center**

Goodwill Industries of the Redwood Empire

651 Yolanda Ave., Santa Rosa, CA 95404

Telephone: 1(707) 579-1115 Fax: 1(707) 523-0552

E-mail: MSMT@GIRE.ORG

With other braille transcriber groups in northern California (see last

sentence under Clearinghouse for Specialized Media and Technology), MSMT transcribes print to braille. Also tactile maps, graphs, and conversion of print to large type.

- **National Braille Press**

88 Saint Stephen St., Boston, MA 02115

Telephone: 1(800) 548-7323, 1(617) 266-6160 Fax: 1(617) 437-0456

E-mail: braeder@nbp.org Web Site: www.nbp.org

Braille books, magazines, and newspapers for sale. Includes children's print-braille books. Print or braille catalogs available upon request.

- **New York Times Large Type Weekly**

P.O. Box 220, Northvale, NJ 07647-0220

Telephone: 1(800) 631-2580

Weekly domestic edition \$78.00 per year, and \$39.00 for six months, plus tax if applicable. Braille and recorded versions free from the sub-regional libraries.

- **Newsweek Talking Magazine**

American Printing House for the Blind

P.O. Box 6085, Louisville, KY 40206

1(800) 223-1839 or 1(502) 895-2405 Fax: 1(502) 899-2350

E-mail: info@aph.org Web Site: www.aph.org/

The 4-track 15/16 IPS weekly cassette version is free.

- **The Reader's Chair**

P.O. Box 2626, Hollister, CA 95024

Telephone: 1(831) 636-1296 or 1(800) 616-1350

E-mail: Delia@Readerschair.com

Web Site: www.ReadersChair.com

Publisher of unabridged audio books.

- **Reader's Digest Fund for the Blind, Inc.**

Large-Type Publications

P.O. Box 241, Mount Morris, IL 61054-9982

Telephone: 1(800) 807-2780

\$11.95 per year. Publisher of large-type reading material, including Reader's Digest Large-Type Edition. Also available on cassettes or

braille, free from the American Printing House for the Blind (see Newsweek above).

- **Recorded Periodicals - Associated Services for the Blind**
919 Walnut St., Philadelphia, PA 19107
Telephone: 1(215) 627-0600

Cassette recordings of popular magazines that are not available through the National Library Service. Free price list.

- **Science Fiction for the Blind**
RFD 2, Box 63, Center Harbor, NH 03226-9708
Telephone: 1(603) 253-6207 E-mail: ed.meskys@worldpath.net
Free lending library of science fiction on audio cassette; free catalog. Cassettes are also available for purchase.

- **Thorndike Press, G. K. Hall**
P.O. Box 9187 Farmington Hills, MI 48333-9187
Telephone: 1(800) 877-4253 Fax: 1(800) 414-5043
Web Site: www.mlr.com/thorndike/index.html

Large print popular fiction and nonfiction (including dictionaries, cookbooks, a thesaurus, and a world atlas). Free catalog.

- **TIME Magazine Large Print Edition**
Telephone: 1(800) 881-2137

Unabridged news, articles, and editorial analysis from the regular edition. One year rate is \$1.49 per issue.

- **Ulverscroft Large Print (USA) Inc.**
P. O. Box 1230, 1881 Ridge Rd., West Seneca NY 14224
Telephone: 1(800) 955-9659 Fax: 1(716) 675-0944
E-mail: sales@ulverscroftusa.com
Web Site: www.ulverscroft.com or www.ulverscroftusa.com

Large-print fiction and nonfiction. Free catalog.

- **VISION Community Services**
(A Division of the Massachusetts Association for the Blind)
23 A Elm St., Watertown, MA 02472-2021
Telephone: 1(617) 926-4232 Fax: 1(617) 926-1412
E-mail: mablind@tiac.net Web Site: www.mablind.org

Large print materials. Catalog.

- **Volunteers of Soledad**

**P.O. Box 686
Soledad, CA 93960
1(831) 678-3951**

- **Volunteers of Vacaville**

**P.O. Box 670
Vacaville, CA 95696-0670
1(707) 448-6841 x 2044**

The Volunteers loan books on tape and record new material onto tapes as requested. Also repair brailers. Vacaville has a monthly subscription club, which will send 1-4 audio tapes.

- **Whirlpool Corporation**

**AIS 2000 M-63, Benton Harbor, MI 49022
Telephone: 1(800)253-1301**

E-mail: shopping@WhirlpoolAppliances.com

Large print, braille, and cassette cookbooks; use and care guides and overlays for controls on Whirlpool appliances.

For other large print, recorded or braille material see also California State Department of Education (page 68), Clearinghouse for Specialized Media and Technology (page 68), Hadley School for the Blind (page 69), National Association for the Visually Handicapped (page 78), Recording for the Blind and Dyslexic (page 78), and Seedlings Braille Books for Children (page 100).

Bibles and Other Sacred Writings for the Sight Impaired

- **Library of Congress**

**Web Site: <ftp://ftp.loc.gov/pub/nls/reference/circulars/bibles>
The National Library Service for the Blind and Physically Handicapped maintains a comprehensive reference catalog of Bibles and other sacred writings in special media.**

- **Alexander Scourby Products**

**3356 North Ocean Boulevard, Suite 207
Ft. Lauderdale, FL 33308
1(800) 549-4717 Web Site: www.scourby.com**

Sells King James Bibles on CD-ROM (with Audio), audio cassette, and on compact discs; New Testament King James on compact discs, Old Testaments on compact discs.

- **American Bible Society**

**1865 Broadway, New York, NY 10023
Telephone: 1(800) 322-4253 or 1(212) 408-1200
Web Site: www.americanbible.org**

Sells King James and Good News Bibles in large print and audio cassette. Large print Psalms.

- **Audio Bible**

**P.O. Box 272, Anderson, SC 29622
Telephone: 1(864) 260-9977 or 1(800) 262-9977
Fax: 1(864) 225-0692 Web Site: www.audio-bible.com**

Free on-line King James narration by Alexander Scourby, using Real Audio software. Users must be running Windows 95, 98 or 2000.

- **Audio Forum, Jeffrey Norton Publishers**

**96 Broad St., Guilford, CT 06437
1(203) 453-9794 or 1(800) 243-7234 Fax: 1(203) 453-9774
Web Site: www.audioforum.com**

New Testament on audio cassette in several languages as well as Psalms in French and Spanish

- **Aurora Ministries**
 P.O. Box 1848, Bradenton, FL 34206
 Telephone: 1(941)748-3031 Fax: 1(941) 748-2625
 E-mail: aurora@auroraministries.org
 Web site: <http://auroraministries.org>
 Provides the Bible and Bible studies on cassette free of charge in 57 languages. Verification of visual impairment required.

- **Bible Browser**
 Web Site: www.stg.brown.edu/webs/bible_browser/pbeasy.shtml
 Full text retrieval by book, chapter, verse, or keyword of King James, Revised Standard, and Vulgate.

- **Bible Gateway**
 Web Site: bible.gospelcom.net
 Provides online access to American Standard, King James, New American Standard, New International, and Revised Standard versions in English as well as Darby's and Young's translations.

- **Bible Research Systems**
 2013 Wells Branch Parkway #304, Austin, TX 78728
 Telephone: 1(512) 251-4401 or 1(800) 423-1228
 E-mail: bible@brs-inc.com Web Site: www.brs-inc.com/bible/
 Bible study material through online access and links to primary Christian resources.

- **Braille Bibles International**
 P.O. Box 378, Liberty MO 64069-0378
 1(800) 522-4253 E-mail: info@braillebibles.org
 Web Site: www.braillebibles.org
 Free to individuals with a visual disability. New King James in braille; print/braille children's Bible Beginners Bible.

- **CARE Ministries, Inc.**
 P.O. Box 1830, Starkville, MS 39760
 Telephone: 1(662) 323-4999 or 1(800) 336-2232
 E-mail: care@staruser.net Web Site: www.stargtr.net/care

National referral database of Christian publications in special media.

- **Christian Duplications International, Inc.**

1710 Lee Rd., Orlando, FL 32810

Telephone: 1(407) 298-6612 or 1(800) 327-9332

Fax: 1(407) 578-6665 E-mail: cdi@worldramp.net

Web Site: www.christainduplications.com

Several Christian texts available for purchase on audiocassette.

- **Cokesbury**

201 Eighth Ave. South, P.O. Box 801, Nashville, TN 37202-0801

Telephone: 1(800) 672-1789 Fax: 1(800) 445-8189

Web Site: www.cokesbury.com

Various Christian texts available for purchase on audiocassette.

- **Ellis Enterprises, Inc.**

4205 McAuley Boulevard, Suite 385 Oklahoma City, OK 73120

Telephone: 1(405) 749-0274 Fax: 1(405) 751-5168

E-mail: mail@ellisenterprises.com

Web site: www.ellisenterprises.com

Sells two electronic versions of Bible Library for DOS or Windows.

- **Episcopal Disability Network**

3024 East Minnehaha Parkway, Minneapolis, MN 55406

Telephone: 1(612) 721-1103 or 1(800) 440-1103

For purchase: Episcopal Book of Common Prayer on audiocassette.

- **Forward Movement Publications**

412 Sycamore St., Cincinnati, OH 45202

Telephone: 1(513) 721-6659 or 1(800) 543-1813

Fax: 1(513) 721-0729

E-mail: forwardmovement@msn.com

Web site: <http://www.forwardmovement.org>

Sells Episcopal Book of Common Prayer in braille and *Forward Day by Day* magazine in braille, in large print, and on audiocassette.

- **Herald Publishing House**

3225 South Noland Rd., PO 1770, Independence, MO 64055

Telephone: 1(800) 767-8181 Fax: 1(816) 252-3976

Sells material from the Reorganized Church of Jesus Christ of Latter-day Saints.

- **Hosanna/ Faith Comes by Hearing**

2421 Aztec Rd. NE, Albuquerque, NM 87107

Telephone 1(505) 881-3321 or 1(800) 545-6552

Fax: 1(505) 881-1681 E-mail: 74212.3362@compuserve.com

Web site: www.faithcomesbyhearing.org

Sells audiocassette and CD-ROM dramatized and non-dramatized versions of King James.

- **International Bible Society**

1820 Jet Stream Dr., Colorado Springs, CO 80921

Telephone: 1(719) 488-9200 or 1(800) 524-1588

Fax: 1(719) 488-0870 E-mail: IBSDirectService@usa.ibs.org

Web site: www.gospelcom.net/ibs/scripture/

Links to Gospel Communication Network and BibleGateway. Sells New International New Testament on audiocassette and large print.

- **Islamic Center Bookstore**

2551 Massachusetts Ave. NW, Washington, DC 20008

Telephone: 1(202) 332-8343

For purchase: the Koran on audiocassette in Arabic or in Arabic and English.

- **Jewish Braille Institute of America, Inc.**

110 East 30th St., New York, NY 10016

1(800) 433-1531 Fax: 1(212) 689-3692

E-mail: admin@jewishbraille.org

Web Site: www.jewishbraille.org

Loans free large print, braille, and talking books on topics relating to Judaism, in English, Yiddish, and Hebrew. Quarterly concert, lecture, and poetry series available on cassette. Free catalog.

- **The Jewish Heritage for the Blind**

1655 East 24th St., Brooklyn, NY 11229

Telephone: 1(800) 995-1888 Fax: 1(718) 338-0653

Publishes braille and large print materials of religious and cultural

interest, and directory of agencies producing cassette tapes.

- **Lubavitch Shluchim on the Moshiach Campaign**

383 Kingston Ave., Suite 364, Brooklyn, NY 11213

Web site: <http://moshiach.net/blind>

For purchase: *Living with Moshiach* magazine in braille, by electronic access, or in large print.

- **Lutheran Braille Workers Large Print Division**

P.O. Box 5000, Yucaipa, CA 92399

Telephone: 1(909) 795-8977 Fax: 1(909) 795-8970

E-mail: lbwbraille@aol.com

Free large print and braille Christian materials. Braille or print catalogs available.

- **Lutheran Library for the Blind**

1333 South Kirkwood Rd., St. Louis, MO 63122

Telephone: 1(314) 965-9000 ext. 1322 or 1(800) 433-3954

Free magazines in braille, in large print, or on audiocassette.

- **Recorded Books, Inc.**

270 Skipjack Rd., Prince Frederick, MD 20678

Telephone: 1(800) 638-1304 Fax: 1(410) 535-5499

E-mail: recordedbooks@recordedbooks.com

Web site: www.recordedbooks.com

For purchase or thirty-day rental: chapters of King James New Testament on audiocassette.

- **Recording for the Blind and Dyslexic**

20 Roszel Rd., Princeton, NJ 08540

Telephone: 1(609) 452-0606, For orders: 1(800) 221-4792

Fax: 1(609) 452-0606

E-mail: reference@rfd.org Web site: www.rfd.org

Provides educational books and related library services on audiocassette to individuals with a print disability. Registration fee. For loan: American Standard, Amplified, Anchor, Jerusalem, New American Standard, New International, and New Revised Standard; New Testament in French and Greek languages; sacred writings for Buddhism, Christian Science, Hinduism, Judaism, Mormonism, and Islam; Bible commentaries; devotional and inspirational text for Judaism, Protes-

tantism, and Catholicism.

- **Unitarian Universalist Association**
25 Beacon St., Boston, MA 02108
Telephone: 1(617) 741-2100 or 1(800) 215-9076
Fax: 1(617) 367-3237
E-mail: bookstore@uua.org Web site: www.uua.org
For purchase: hymns in braille, in large print, and on audiocassette
- **University of Michigan Humanities Text Initiative**
Web site: www.hti.umich.edu/all/
Offers full-text versions of King James, Revised Standard, Martin Luther Translation, New Testament Rheims 1582, Book of Mormon, and the Koran in English.
- **Virtual Jerusalem Software Library**
Web site: www.virtual.co.il/gate/ftp/dostora.html
Offers twenty-two programs in Hebrew on the Torah and other sacred Jewish writings.
- **Xavier Society for the Blind**
154 East 23rd St., New York, NY 10010-4595
Telephone: 1(212) 473-7800
Free lending library of religious/inspirational reading matter in braille, large print, cassette and Catholic periodicals. Catalog.

Products and Services for Blind Infants and Children

- **Blind Babies Foundation**

5016 Mission St., San Francisco, CA 94112

Telephone: 1(415) 586-6140 Fax: 1(415) 586-6279

E-mail: bbfinfo@blindbabies.org

Web Site: www.blindbabies.org

Fresno Office: 1(559) 353-6420

South SF Bay Area Office: 1(408) 554-0671

Families of infants and preschoolers (ages birth to sixth birthday) who are visually impaired/blind receive early intervention services in their homes. Consultation with ophthalmologists and schools. Family support and referrals. Blind Babies serves the following counties: Alameda, San Francisco, Contra Costa, Santa Clara, Sonoma, Lake, Napa, Marin, San Mateo, Fresno, Kings, Tulare, Madera, Merced, and Solano.

(For correspondence courses for parents of blind infants, see Hadley School for the Blind, page 69).

- **Blind Children's Center**

4120 Marathon St., Los Angeles, CA 90029-3584

Telephone: 1(800) 222-3567 in California

Web Site: www.blindchildrenscenter.org

Services in northern California include information and referral, as well as educational booklets and training manuals.

- **Discovery Toys**

Telephone: 1(650) 557-0869

E-mail: DiscToyJan@aol.com

Sells developmental and educational toys and games. Recommends appropriate products for individual circumstances. Catalog available.

- **Dragon Fly Toy Company**

108 S. Franklin Ave., Valley Stream, NY 11580-6106

Telephone: 1(800) 308-2208 Web Site: www.dftoys.com

Sells toys for children with special needs.

- **Exceptional Teaching Aids Inc.**
20102 Woodbine Ave., Castro Valley, CA 94546
Telephone: 1(800) 549-6999
Fax: 1(510) 582-5911 E-mail: ExTeaching@AOL.COM
Web Site: www.ExceptionalTeaching.com
Educational toys for visually impaired infants, children and adults.

Free catalog.

- **I Can See Books**
88 Captain Morgans Blvd., Nanaimo, BC Canada V9R 6R1
E-Mail: info@icanseebooks.com
Web Site: www.icanseebooks.com
Print, braille and cassette books for children.
- **Learning Pillows**
P.O. Box 345, Greenfield, NH 03047
Telephone: 1(603) 827-3859 E-mail: jkronheim@aol.com
Fax 1(603) 827-3859 (press the star button twice after the answering machine begins.)
Multisensory toys for visually impaired children, which combine written text with tactile pillows to stimulate learning. Free mailer.
- **National Association for the Parents of the Visually Impaired**
P.O. Box 317, Watertown, MA 02471
Telephone: 1(800) 562-6265 Fax: 1(617) 972-7444
Web Site: www.spedex.com/napvi
Support, information, and referrals. Call for state affiliate.
- **Seedlings Braille Books for Children**
P.O. Box 51924, Livonia, MI 48151-5924
Telephone: 1(800) 777-8552 or Phone and Fax: 1(734) 427-8552
E-mail: SEEDLINK@AOL.COM
Web Site: www.seedlings.org
Braille and print-and-braille books for children through the eighth grade. Free catalog.

- **The Spinoza Company**
1876 Minnehaha Ave. West, St. Paul, MN 55104-1029
Telephone: 1(800) CUB-BEAR
Web Site: www.spinozabear.com
Sells toy bear with inserted cassette with pre-recorded messages.

Also see the following web sites:

- **Guide to Resources for Children and Youth with Visual Impairments.** <http://sixfriends.home.att.net/>
- **Teaching Math to Visually Impaired Students by Susan A. Osterhaus, M.Ed. and Math Drill Cards from the American Printing House for the Blind.**
<http://www.tsbvi.edu/math/>
- **Resources for Parents and Teachers of Blind Kids**
<http://members.home.net/ddays/blindkids1.html>

For other services for children, see also Education and Training in New Skills for Daily Living (page 66), Disability Rights Education and Defense Fund (page 110), and National Braille Press (page 90).

Information on Eye Disorders and Support Groups

Many groups provide general or specific advice on eye problems, support, and sometimes advocacy. A few such groups are:

- **The Achromatopsia Network**

Resources for Managing with Limited Vision

P.O. Box 214, Berkeley, CA 94701-0214

Telephone: 1(510) 540-4700 Web Site: www.achromat.org

Information, support network, and monthly newsletter concerning achromatopsia and related eye disorders, which result in extreme light sensitivity, colorblindness, and reduced vision.

- **Adjusting to Vision Loss: Finding *Your* Path**

P.O. Box 754, Berkeley, CA 94701

946 Irving St., San Francisco, CA 94122

Telephone: 1(510) 540-0775 1(415) 648-0775

E-mail: katrineh@jps.net

Assistance in making changes and adjustments for people with vision loss. Group and individual consultation.

- **American Academy of Ophthalmology**

P.O. Box 7424, San Francisco, CA 94120-7424

Telephone: 1(415) 561-8500 Fax: 1(415) 561-8575

E-mail: comm@aao.org

(See below for services.)

- **American Association for Pediatric Ophthalmology and Strabismus**

P.O. Box 193832, San Francisco, CA 94119

Telephone: 1(415) 561-8505 Fax: 1(415) 561-8531

E-mail: aapos@aao.org Web Site: <http://med-aapos.bu.edu>

Pediatric ophthalmologists will answer parents or guardians who have questions about their children's vision on the web site.

- **American Association of the Deaf-Blind**
814 Thayer Ave., Suite 302, Silver Springs, MD 20910
Telephone (TTY): 1(301) 588-6545
Fax: 1(301) 588-8705 E-mail: AADB@EROLS.COM

- **American Council of the Blind**
1155 - 15th St., N.W., Suite 1004, Washington, DC 20005
Telephone: 1(202) 467-5081 or 1(800) 424-8666
Fax: 1(202) 467-5085 Web Site: www.acb.org
Services include information, publications, scholarships, and legal advice. Free brochure. On-line computer information available at 1(202) 331-1058. Free monthly magazine, *Braille Forum*, in various formats. See also California Council, below.

- **American Diabetes Association**
Nationwide Information Line: 1(800) 342-2383
Web Site: www.diabetes.org
Information on diabetic retinopathy. Check your telephone directory for local offices.

- **American Foundation for the Blind - AFB West**
111 Pine St., Suite 725, San Francisco, CA 94111
Telephone: 1(415) 392-4845 Fax: 1(415) 392-0383
Nationwide Information Line: 1(800) 232-5463
E-mail: sanfran@afb.net Web Site: www.afb.org
In addition to information and referral, AFB provides technical assistance to agencies, schools and employers. Regional newsletter available. Phone or write to request catalog of publications and brochures relating to vision loss.

- **Association for Macular Diseases**
210 East 64th St., New York, NY 10021
Telephone: 1(212) 605-3719
E-mail: macula@macula.org Web Site: www.macula.org
Education for individuals and their families adjusting to changes in their lives brought about by macular degeneration. Seminars, referrals, quarterly large-print newsletter, and telephone hotline for members. \$20.00 per year.

- **Blinded Veterans Association**
 Northern California: VAMC, 10535 Hospital Way
 Mather, CA 95655
 Telephone: 1(916) 843-7021 fax: 1(916) 843-7363
 National Headquarters:
 477 H St., N.W., Washington DC 20001-2594
 Telephone: 1(800) 669-7079
 Advocacy, assistance in finding help, and other services for Blinded Veterans.
- **Butte County Council of the Blind**
 P.O. Box 9186 Chico, CA 95927
 Telephone: 1(530) 891-8574 E-mail: albiegler1@juno.com
 Meets first Saturday each month.
- **California Academy of Ophthalmology (CAO)**
 605 Market St., Suite 1109, San Francisco, CA 94105-3213
 Telephone: 1(415) 777-3937 or 1(800) 443-9370
 Fax: 1(415) 777-1082
 E-mail: starrs2020@aol.com Web Site: www.eyedoc.org
 Referral information from CAO, listing members by specialty and geographical area. Public education on CAO web site.
- **California Council of the Blind**
 578 B St., Hayward, CA 94541
 1(510) 537-7877 or 1(800) 221-6359 Fax: 1(510) 537-7830
 E-mail: ccotb@earthlink.net Web site: www.acb.org/ccb
 See American Council of the Blind above. Local chapters, including:
- **California Optometric Association**
 801 - 12th St., Suite 2020, Sacramento, CA 95814
 Telephone: 1(916) 441-3990 or 1(800) 877-5738
 Fax: 1(916) 448-1423 Web Site: www.coavision.org
- **California Retinitis Pigmentososes Support Group**
 21 Colorado Dr., Millbrae, CA 94030
 Telephone: 1(650) 345-7970 E-mail: carpsg2@aol.com
 Services include emotional support, educational forums, and social events.

- **The Foundation Fighting Blindness**
Executive Plaza 1, Suite 800, 11350 McCormick Rd,
Hunt Valley, MD 21031-1014
Telephone: 1(800) 683-5555 TDD: 1(800) 683-5551
Fax: 1(410) 771-9470 Web Site: www.blindness.org

Local Affiliate:

- **The Foundation Fighting Blindness**
801 Goettel Court, Benicia, CA 94510
Telephone: 1(707) 747-1008
E-mail: vreikok@aol.com Web Site: www.blindness.org
Supports research on retinitis pigmentoses and related diseases.
Information and referral and retina donor program. Free newsletter.

- **The Foundation of the American Academy of Ophthalmology**
P.O. Box 429098, San Francisco, CA 94142-9098
Telephone: 1(415) 561-8500 Fax: 1(415) 561-8567
Web Site: www.eyenet.org

Free information and literature on eye conditions; co-sponsors of the National Eye Care Project and Eyecare America, Glaucoma Project.

- **Glaucoma Research Foundation**
200 Pine St., Suite 200, San Francisco, CA 94104-2712
Telephone: 1(415) 986-3162 or 1(800) 826-6693
Fax: 1(415) 986-3763
E-mail: info@glaucoma.org Web Site: www.glaucoma.org
Sponsors research in glaucoma. Quarterly newsletter, glaucoma patient reference guide, and glaucoma support network.

- **Macular Degeneration International**
6700 N. Oracle Rd., Suite 505, Tucson, AZ 85704
Telephone: 1(520) 797-2525 Fax: 1(520) 797-8018
Toll Free: 1(800) 393-7634
E-Mail: info@maculardegeneration.org
Web Site: www.maculardegeneration.org
Information and support. Includes information on Stargardt's Disease

and other juvenile macular dystrophies.

- **National Eye Institute**

National Institutes of Health

2020 Vision Place, Bethesda, MD 20892-2510

Telephone: 1(301) 496-5248

E-Mail: 2020@nei.nih.gov Web Site: www.nei.nih.gov

Information on all eye problems. Web site provides information on adaptive devices and rehabilitation services that help people with impaired sight to remain independent.

- **National Federation of the Blind**

1800 Johnson St., Baltimore, MD 21230

Telephone: 1(410) 659-9314 Fax: 1(410) 685-5653

Web Site: <http://nfb.org/>

Free catalog of adaptive aids and appliances. Information on blindness and job opportunities. NFB also offers scholarships. Applicants must be blind.

State Office:

- **National Federation of the Blind of California**

3934 Kern Court, Pleasanton, CA 94588

Telephone: 1(925) 846-6086 E-mail: jwillows@netcom.com

- **National Organization for Albinism and Hypopigmentation (NOAH)**

PO Box 959, East Hampstead, NH 03826-0959

Telephone: 1(800) 473-2310 or 1(603) 887-2310

E-mail: noah@albinism.org Web Site: <http://albinism.org>

Information, professional education, and support regarding albinism and related conditions.

- **Oakmont Macular Degeneration Support Group**

Telephone: 1(707) 833-5010

Meets on the last Saturday of each month at 1:30, at the West Recreation center.

- **O'Connor Preschool Vision Screening**

105 N. Bascom, San Jose, CA 95128

Telephone: 1(408) 947-2724 Fax: 1(408) 947-2572
Conducts programs in preschool vision screening and provides health education on prevention of blindness.

- **Organization of Macular Friends**

P.O. Box 22492 Sacramento, CA 95822

Telephone: 1(916) 481-2416 Voice Mail: 1(916) 553-6860

Information; support group meets once a month.

- **Prevent Blindness America®**

500 East Remington Rd., Schaumburg, IL 60173-4557

Telephone: 1(800) 331-2020

Parent organization for Prevent Blindness Northern California.



Among other programs, *Prevent Blindness America®* operates the Wise Owl Eye Safety Program for business and industry. Pictured at left is the winner of the first annual Wise Owl Award, Fire Chief Leo O'Campo, who, despite second and third degree burns on his face, neck, chest, and arms, preserved his vision by wearing appropriate eye protection.

- **Prevent Blindness Northern California**

4200 California St., Suite 101, San Francisco, CA 94118-1367

Telephone: 1(415) 387-0934 (from anywhere)

1(800) 338-3041 (for use in northern California only)

Fax: 1(415) 387-1689 E-mail: PBNOCA@AOL.COM

Web site: www.eyeinfo.org

Our web site with Prevent Blindness America:

www.prevent-blindness.org/nca/index.html

- **Redding Branch Office of Prevent Blindness Northern California**
1430 Butte St., Redding, CA 96001
Telephone: 1(530) 243-0410
Fax: 1(530) 243-0430
E-mail:pbrdg@digital-star.com

Opened in April 2000, Prevent Blindness in Redding will be offering all Prevent Blindness services to Shasta, Tehama, Glenn, and Trinity counties.

Direct Services

PRESCHOOL VISION SCREENING: vision screening for pre-school age children to prevent amblyopia (“lazy eye”) and to detect and help in the treatment of other children’s eye problems.

ADULT VISION SCREENING: vision screening aimed at the detection of glaucoma and other sight problems and, when necessary, finding sources for payment for examinations and treatment. **Free Adult Vision Screening Dates.**

EYE SAFETY: Prevent Blindness also conducts school, farm, home, sports, and industrial eye safety programs; education on preventable causes of blindness.

PUBLIC EDUCATION: Publications include:

- ***Coping with Sight Loss in Northern California*** at the web site www.eyefinfo.org, also available in print, audiocassette and braille versions.
 - **Eye Safety Manual For Educational Institutions**
 - **Brochures on Amblyopia, Strabismus, Macular Degeneration; Cataract; Children’s Eye Problems**
 - **Stickers with Instructions on how to properly jump start a car battery; first aid stickers; and eye safety brochures, etc.**
 - **Videotapes on preventable causes of blindness are available.**
- Please inquire for complete catalog.**

PROFESSIONAL EDUCATION:

Courses for continuing education credits for nurses on children's vision problems and vision screening.

RESEARCH ON BASIC CAUSES OF BLINDNESS:

Contributions to Prevent Blindness Northern California support national research programs aimed at eliminating blindness. All services except professional education and bulk orders of publications are free.

- **Prevent Blindness Northern California's
I CARE Auxiliary**
(Contact through Prevent Blindness Northern California, listed above.)
San Francisco Peninsula organization provides preschool vision screening and glaucoma clinics.
- **Project Inform**
205 - 13th St., Suite 2001, San Francisco, CA 94103
Telephone: 1(415) 558-8669 Fax: 1(415) 558-0684
Treatment Hotline: 1(800) 822-7422
E-mail: info@projectinform.org
Web Site: www.projectinform.org
Information on all aspects of AIDS, including eye problems.
- **Redwood Empire Council of the Blind**
E-mail: lswen@concentric.net
345 High Land Ave., Penngrove, CA 94951
Telephone: 1(707) 795-2486
- **Sebastopol / Santa Rosa Macular Degeneration
Support Group**
7950 Valentine Ave., Sebastopol, CA 95472
Telephone: 1(707) 829-2242 E-mail: bjhargre@ix.net
Information and support for the visually impaired. Meets second Saturday of every month.

Legal Assistance and Laws

Everyone should know their rights, and some of the groups that can help or provide information are:

- **Access Compliance**
Division of the State Architect
1130 K St., Suite 101, Sacramento, CA 95814-3965
Telephone: 1(916) 322-4700 Fax: 1(916) 327-3371
E-mail: michael.mankin@dgs.ca.gov
Web Site: www.dgs.ca.gov
- **Disability Rights Education and Defense Fund (DREDF)**
2212 Sixth St., Berkeley, CA 94710
Telephone: 1(510) 644-2555 or 1(800) 466-4232 (ADA Hotline)
Fax: 1(510) 841-8645
E-mail: dredf@dredf.org Web Site: www.dredf.org
Advances civil rights of individuals with disabilities through legislation, litigation, and informal and formal advocacy. DREDF also provides services as part of the Northern California Coalition for Parent Training and Information, for parents of children with disabilities in the educational system.

VI. IF THE SYSTEM FAILS

Despite the good intentions of all persons concerned, inevitably there are times when the system may fail to meet your needs.

If the system has not helped, you have the right to question, to protest, and to ask for reevaluation and help. In the event that you cannot or do not wish to speak for yourself, an interested third party may intervene as your advocate.

Services are available and every effort should be expended to ensure their use. Persistence, patience, realistic expectations, and sometimes a gentle yell will pay dividends.

The eighth edition of *Coping with Sight Loss in Northern California* was edited and produced by the following under the guidance of Prevent Blindness Northern California's Medical Advisory Committee:

Editors

**Peter Jamgochian
Socorro Litehiser
Thomas Vahan Jamgochian**

Medical Advisory Committee

**John L. Goble, MD, Chair
J. Brooks Crawford, MD
Chandler R. Dawson, MD
Byron H. Demorest, MD
M. Wallace Friedman, MD
Allan J. Flach, MD
Shiu Y. Kwok, MD, PhD
Alan M. Roth, MD
Cole P. Stephens, MD
Richard H. Whitten, MD**

Changes and Suggested Listings

If you would like to make changes to an entry in this edition of *Coping with Sight Loss in Northern California* or suggest an additional listing for the next edition, please complete this form and send it to the address below. Thank You!

CONTACT NAME: _____

AGENCY NAME: _____

PHONE:(____) _____ **FAX:**(____) _____

E-MAIL: _____ **WEB SITE:** _____

Brief description of services for people with sight loss, twenty five words or less. Brochures describing services are appreciated.

**Prevent Blindness Northern California
4200 California Street, Suite 101
San Francisco, CA 94118-1367**