

## Low Vision Services

### Low Vision Examinations

Visit a low vision doctor for assessment of functional vision - prescription of and instruction on magnifiers, special glasses, and adaptive aids to maximize remaining vision.

### Vision Rehabilitation Therapy

Learn adaptive skills including household management, health/personal care, and safe meal preparation. Adaptive aids may be utilized.

### Occupational Therapy

Learn to enhance vision for daily functioning.

### Orientation & Mobility

Learn safe, independent travel skills.

**Psychosocial Services** - Receive emotional support for individuals & their families coping with vision loss.

**Career Services** - Identify, prepare for and obtain employment.

### Adaptive Technology Center

Learn technology skills including keyboarding, computers, text-to-speech software tools.

**Education** - Learn more about living successfully with low vision; designed for service providers, organizations, senior groups and families.

**For Low Vision Services in your area, contact -**

**NYS Commission for the Blind and Visually Handicapped (CBVH)**

[www.ocfs.state.ny.us/main/cbvh](http://www.ocfs.state.ny.us/main/cbvh)  
Albany - (518) 473-1675  
White Plains -(914) 993-5370

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### **MHVLVN Board Members**

#### **NYS Offices for the Aging**

- Dutchess County (845)486-2555
- Ulster County (877)914-3456

#### **Lighthouse International**

New York, NY [www.lighthouse.org](http://www.lighthouse.org)

#### **Northeastern Association of the Blind at Albany (NABA)**

Albany, NY [www.naba-vision.org](http://www.naba-vision.org)

#### **Joan Hyde, Ph.D**

The Family Lodge  
Saugerties, NY  
[www.ivyhallseniorliving.com](http://www.ivyhallseniorliving.com)

#### **Dr. James Cayea, Optometrist**

Low Vision Specialist,  
Poughkeepsie, NY  
[www.dutchessoptometry.com](http://www.dutchessoptometry.com)

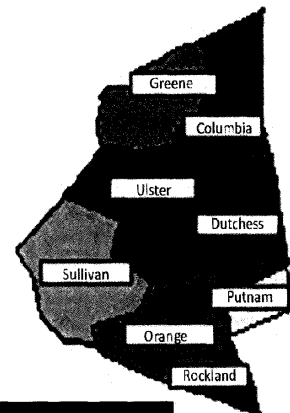
#### **Nancy Ryan, MS, OTR/L, CLVT**

[nrotr@earthlink.net](mailto:nrotr@earthlink.net)

#### **Ed Blodgett**

Lions Clubs International

## Mid-Hudson Valley Low Vision Network (MHVLVN)

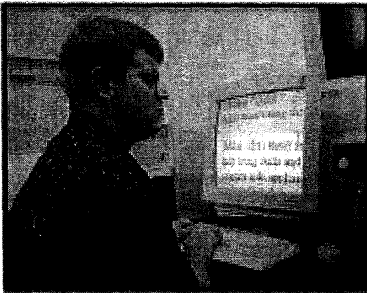


### What is "Low Vision"?

A vision impairment not correctable by ordinary eyeglasses, contact lenses, medication or surgery, that interferes with a person's ability to perform everyday activities.

### What is "Legal Blindness"?

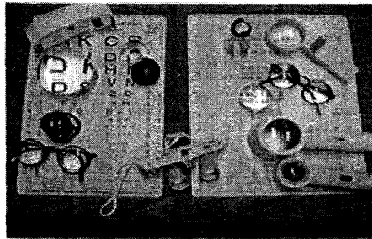
Vision less than 20/200 acuity and/or less than 20 degrees in field of vision in best eye with best correction (e.g. eyeglasses).



### Promoting Understanding & Successful Living with Vision Loss

The Mid-Hudson Valley Low Vision Network (MHVLVN), founded in 2009, is a donation-funded, non-profit organization comprised of collaborating vision organizations, community partners and health care providers.

The mission of the Network is to facilitate knowledge of and access to low vision and vision rehabilitation services through education, advocacy and outreach.



## Caused by vision problems, do you or someone you know have difficulty -

- Reading the newspaper or regular print?
- Setting appliance dials?
- Preparing meals safely (e.g. slicing, pouring)?
- Telling time?
- Identifying money?
- Writing and recording checks?
- Crossing streets and traveling safely?
- Detecting level changes (e.g. stairs and curbs)?
- Adjusting emotionally to vision loss?