

# **Vision Loss Rehabilitation Services**



**VISION LOSS  
REHABILITATION**  

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**ONTARIO**

# Living with Vision Loss?

**We can help.**

It can be a difficult time when you or a family member experiences a loss of sight. Fortunately, Vision Loss Rehabilitation Ontario is here to help.

Vision Loss Rehabilitation Ontario is the province's leading provider of rehabilitation therapy for people with vision loss. As a CNIB organization, we bring nearly a century of experience of working in communities across Ontario. We offer services and support to enhance your independence, safety and mobility.

Our certified specialists will work with you, your ophthalmologist, optometrist and other health care professionals to create a vision loss rehabilitation plan that meets your needs and goals, and helps you get back to a fulfilling life.

Vision Loss Rehabilitation Ontario's services are operated by CNIB and funded by the Government of Ontario through Ontario's Local Health Integration Networks.

# Our Services

Your personalized rehabilitation plan might include one or more of these services:

## **Low vision services**

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If you have low vision, learning to use the sight you have left can be life-changing.

We can:

- Provide a functional vision assessment
- Teach you to use contrast and lighting to maximize your eyesight
- Help you use sight-enhancing devices like specialty magnifiers

## **Essential skills for daily living**

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After you lose your sight, everyday tasks can pose new challenges. We can:

- Show you safe ways to cook meals, use household appliances and more
- Teach you to label medication, identify money and organize your home
- Show you how to use large-print, braille and audio products, and assistive technology in your day-to-day routine

## **Travel and mobility instruction**

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Learning to travel independently with vision loss is an essential skill. We can:

- Show you guiding techniques for walking with a sighted person
- Help you use your remaining vision and other senses to move safely
- Teach you how to use a white cane or other mobility tools
- Help you navigate your community on foot and by public transit

## **Services for children and families**

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Our services help pre-school and school-aged children with vision loss develop the skills they need to grow into confident and successful adults. We can:

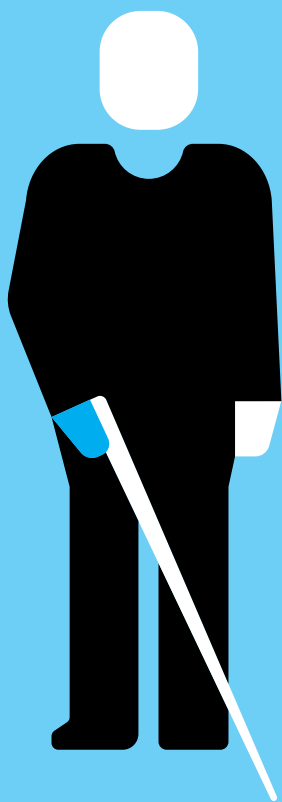
- Give kids the help they need with things like tactile learning, motor skill development, and daily living skills
- Connect parents with a range of resources to support them in raising a child with vision loss

## **Assistive technology services**

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Discover a world of technology products to make life with vision loss easier. We can:

- Provide an assessment and recommendations on technologies that meet your needs
- Show you how to use your assistive technologies
- Teach you about financial supports you might be eligible to receive through the Ontario Assistive Device Program



## **Getting started**

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If vision loss is affecting your independence, safety or mobility, it may be time to start a rehabilitation plan.

- 1. Talk to your health care professional** about Vision Loss Rehabilitation Ontario. They understand your vision loss and can help you decide if and when rehabilitation might be right for you.
- 2. Ask them to refer you to us** by using our simple online referral form, available at [on.visionlossrehab.ca](http://on.visionlossrehab.ca). It will give us all the information we need to get started.
- 3. We'll be in touch with you** within 10 business days of receiving your referral to talk about your needs and goals, and start creating your plan.

**If you have questions, contact us at 1-844-887-8572 or [info@vlrehab.ca](mailto:info@vlrehab.ca).**

# Contact Us

To find out more about Vision Loss Rehabilitation Ontario and our services, contact us today.

**Phone:** 1-844-887-VLRC (8572)

**Email:** [info@vlrehab.ca](mailto:info@vlrehab.ca)

**Website:** [on.visionlossrehab.ca](http://on.visionlossrehab.ca)

**A CNIB ORGANIZATION**