

VI Times

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MN Regions 5 & 7 Vision - O&M Staff
Barb Lhotka, Editor



Vision-O&M Staff

The purpose of a newsletter is to provide specialized information to parents and teachers of students with vision impairments. We hope to send regular newsletters that will cover topics of interest that are informative and create a base of knowledge that will assist our students with their on-going success!

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Contact your Teacher for the Blind / Visually Impaired or Certified Orientation & Mobility Specialist if:

- You have further questions on the newsletter topic
- Would prefer the newsletter in electronic format by email or in print.

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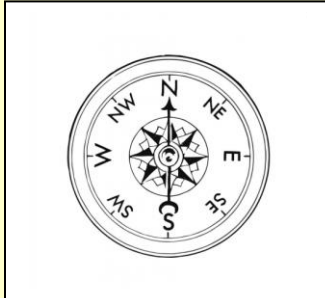
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Living Skills

Children and young adults with full vision learn the skills of independent living by observing their parents and siblings do different tasks throughout their life. When they are very young, the children begin by doing the tasks of dressing, eating, putting away toys, etc. As the child gets older, tasks or chores are assigned. The child may do family tasks on a turn-taking system with brothers and sisters. As the young person reaches the teen years, there is more responsibility—taking care of one's own room, clothing, simple cooking, cleaning, etc. It is no different for a child with a vision impairment. The technique just needs to be more deliberate with direct demonstration and hands-on experience replacing the observation. Responsibility is built through trust and giving that responsibility with confidence to the child. Don't assume the child knows the steps of the task, always check and reinforce to allow the child to develop as much independence as possible when it is age appropriate. Think about how your child will function when you are no longer there and your child has become an adult!

What To Do!



Student self-confidence is a key to safe travel.

Living skills are a part of the education domain for students with vision impairments known as the Expanded Core Curriculum. This part of the learning curriculum addresses those areas that involve a student's daily living skills.

Students who have impaired vision need living skills to become independent in the following areas: (a) cleaning skills and household safety, (b) labeling, (c) money identification, (d) time identification, (e) basic food preparation, (f) telephone skills, and (g) using a signature and handwriting guides.

There are several good resources for learning to do the living skills in an adapted fashion that will be safe, efficient, complete for independence, and build success. Here are some resources you may want to check out for adapted equipment:

www.carroll.org/the-carroll-store

www.independentliving.com

www.lssproducts.com

www.maxiaids.com

www.mnlowvision.com

www.thelowvisioncenter.com

YouTube for Learning



There are several excellent resources on YouTube that will assist your family in teaching living skills to your child. Your teacher for the visually impaired and your certified orientation and mobility specialists also are wonderful resources for you to utilize.

Accessible Cell Phones 101

http://www.youtube.com/watch?v=Wk_QFaF8-QE&feature=relmfu

Time: 14:59 from the Carroll Center for the Blind (there are additional cell phone videos at this site)

Folding Money

http://www.youtube.com/watch?v=W1sJyeu8h_I&feature=plcp Time: 4:23 from the Washington School for the Blind

iPhone Apps for the Blind

<http://www.youtube.com/watch?v=ZBzSXIEusoU&feature=related>

Time: 5:07 from buffalolen

iPhone for the Blind

<http://www.youtube.com/watch?v=9fjpcnJHf7Q&feature=related>

Time: 9:08 from gltover

Learn to Button

<http://www.youtube.com/watch?v=3gMRaIj3D3o&feature=plcp>

Time: 4:02 from the Washington School for the Blind

Learn to Fold Clothes

<http://www.youtube.com/watch?v=xukciCQmEAc&feature=relmfu>

Time: 5:16 from the Washington School for the Blind

Learn to Make a Bed

http://www.youtube.com/watch?v=cl5s5eD_pA&feature=relmfu

Time: 9:55 from the Washington School for the Blind

YouTube for Learning (cont'd.)

Learn to Match Clothes Part I

<http://www.youtube.com/watch?v=sDKVKVQ0wtc&feature=relmfu> Time: 4:55 from the Washington School for the Blind

Learn to Match Clothes Part II

<http://www.youtube.com/watch?v=xukciCQmEAc&feature=relmfu> Time: 6:56 from the Washington School for the Blind

Learn to Pour Liquids

<http://www.youtube.com/watch?v=xYsb2IVlxhE> Time: 6:13 from the Washington School for the Blind.

Learn to Tie a Shoe

<http://www.youtube.com/watch?v=amCFe39ju2w&feature=plcp> Time: 4:43 from the Washington School for the Blind

Learn to Zip

<http://www.youtube.com/watch?v=63w4ONR1CCk&feature=plcp> Time: 2:51 from the Washington School for the Blind

Making a Sandwich

<http://www.youtube.com/watch?v=008gaQW6Rbc&feature=relmfu> Time: 4:12 from the Washington School for the Blind

Marking Appliances

<http://www.youtube.com/watch?v=O7Hhlyg1xOw&feature=relmfu> Time: 8:30 from the Vista Center for the Blind and Visually Impaired

Marking Your Kitchen

<http://www.youtube.com/watch?v=BrThV01clYk&feature=related> Time: 7:21 from The Low Vision Chef

Medication

<http://www.youtube.com/watch?v=H2nCqoMz8iQ&feature=plcp> Time: 8:20 from the Washington School for the Blind

Money Identification

<http://www.youtube.com/watch?v=TtITrZ1Fxc> Time: 7:07 from The Vista Center for the Blind and Visually Impaired

Organizing the Refrigerator

<http://www.youtube.com/watch?v=1Qj9zq6lqPM&feature=related> Time: 3:41 from the Carroll Center for the Blind

Pathways to Independence: Introduction

<http://www.youtube.com/watch?v=HGpYZsS atcU> Time: 5:02 Nebraska Commission for the Blind (although target audience is the elderly, this series is very informative for all)

Cooking

<http://www.youtube.com/watch?v=W0gPdABeEqM&list=UUdyaycrJuqOvJLmEdn3M19w&index=4&feature=plcp> Time: 34:43

Personal Management Information

<http://www.youtube.com/watch?feature=endscreen&v=HbcWZGc7kvQ&NR=1> Time: 11:45

Shopping and Organizing the Kitchen

<http://www.youtube.com/watch?v=KJ1WRM2cCnw&feature=relmfu> Time: 13:31

Techniques of Daily Living

<http://www.youtube.com/watch?v=KJ1WRM2cCnw&feature=relmfu> Time: 26:13

Topic Preview

Future issues of this newsletter will address:

- Braille
- Early Childhood Intervention
- Parenting
- Self-Determination & Advocacy
- Sensory Efficiency
- Social Skills
- Technology
- Transition

Past Topics

- Introduction to BVI
- Cortical Vision Impairment
- Living Skills
- Low Vision
- Multiple Disabilities
- Orientation & Mobility
- Recreation & Leisure

YouTube for Learning (cont'd.)

Preparing Fruits and Vegetables

http://www.youtube.com/watch?v=cDnKK0leAbg&feature=r_elmfu Time: 8:07 from the Washington School for the Blind

Shaving Techniques

http://www.youtube.com/watch?v=cI5s5eD__pA&feature=r_elmfu Time: 10:05 from the Washington School for the Blind

Shopping for the Blind

<http://www.youtube.com/watch?v=E1Ml8BLDJak&list=UUZKfcc7Yd8ckf6erzMDzuaw&index=6&feature=plcp> Time: 5:12 from Here & Now

Techniques for the Stovetop

<http://www.youtube.com/watch?v=kR06VqjZtOc&feature=endscreen&NR=1> Time: 8:13 from the Washington School for the Blind

Using an Oven

<http://www.youtube.com/watch?v=wlnHYxdYJpM&feature=relmfu> Time: 7:28 from the Washington School for the Blind

Using Boxes, Bins and Baskets

<http://www.youtube.com/watch?v=E1Ml8BLDJak&list=UUZKfcc7Yd8ckf6erzMDzuaw&index=6&feature=plcp> Time: 9:29 from the Carroll Center for the Blind

Using the Microwave

http://www.youtube.com/watch?v=sWssB8KIH7A&feature=r_elmfu Time: 3:08 from the Washington School for the Blind

Other Resources

Perkins School for the Blind resources on Daily Living Skills
<http://www.perkins.org/resources/scout/early-childhood/daily-living-skills.html>

Texas School for the Blind resources on Daily Living Skills
<http://www.tsbvi.edu/curriculum-a-publications/1540-independent-living-skills-curricula-a-resources>