



# Rehabilitation and Support Services

Helping you lead the life  
you want



1-800-563-2642

[cnib.ca](http://cnib.ca)

# What Are CNIB Services?

**They're stepping stones to a more independent, active, confident life.**

Whether that means learning to cook again after a loss of vision, going back to school, travelling with confidence or getting the emotional support you need to move forward, our services can help.



## Our services are:

- **delivered where you need them** – in your local CNIB office, community, over the phone, online or right in your own home.
- **offered in group or one-on-one settings** depending on what's right for you.
- **available to people with all degrees of vision loss.** You don't need to be legally blind to come to CNIB and you don't need a referral of any kind. We'll work with you to access your medical information if it's needed.
- **offered at no cost to you** thanks in large part to the generosity of our donors.

CNIB works hard to meet the unique needs of individuals in each community across Canada, and the services listed in this brochure vary from region to region as a result. To find out what's available in your area, call or email us today.

CNIB Helpline: 1-800-563-2642  
info@cnib.ca

# Low Vision Services

## Make the most of the sight you have

If you've experienced a partial loss of vision, learning to maximize your remaining sight can be life-changing. Our low vision specialists can help you make the most of your sight, and live life to the fullest.

- Receive a **specialized vision assessment**, designed specifically for people with low vision, and have our specialists explain the effects of your vision loss in easy-to-understand language.
- Learn **tips and tricks for maximizing your sight**, like how to use lighting and contrast to your best advantage.



- Receive one-on-one instruction in the use of **helpful devices that may enhance your sight**, like specialty magnifiers.

---

**Nine out of 10**  
people CNIB helps  
have some vision.

---

# Emotional and Wellness Support

## Understanding and advice when you need it most

It's not unusual to feel depressed, angry or alone when you experience a loss of vision, and there will probably be times when you wish you had someone to help you work through these feelings. If you're struggling to overcome the emotional challenges of vision loss, we're here for you.

- Join a **CNIB support group** and receive emotional support from other people who understand the impact of vision loss on everyday life.
- Call the toll-free **CNIB Helpline** at 1-800-563-2642 and get **immediate, confidential telephone support**. Many of



our Helpline staff are blind or partially sighted themselves, and all are trained to assist you in accessing programs and services to help meet your needs.

- Join our **Vision Mate** program and connect with a caring volunteer who's trained to provide assistance.
- Access **counselling services** through CNIB or recommended community resources.
- Learn about opportunities to take part in **leisure, recreation and social programs** in your community.

“CNIB peer groups saved me in both practical and emotional terms. Without them, I don’t think I would have had the skills or confidence to stay in my home.”

—Glenn Coates, CNIB client





# Independent Living Services

## Build everyday skills and confidence

Our specialists will work with you one-on-one or in a group setting, helping you build the skills to live independently and lead the life you want.

- Learn safe methods of **pouring a cup of coffee, preparing a meal** and **using household appliances**.
- Discover simple techniques for **identifying money, using the phone, labelling medications** and **organizing household items**.
- Learn how to make **large-print, braille and audio products** a helpful part of your day-to-day life – enabling you to keep track of phone numbers, recipes and more.



- Find out about **community programs, financial subsidies** and other helpful resources available in your local area.

“I can’t say enough good things about CNIB. They helped me with a lot of simple stuff like putting little buttons on the microwave so I can use it. It’s those little things that allow people to be independent again.”

—Andy Plummer,  
CNIB client



# Independent Travel Instruction

## Travel with confidence

Learning to travel alone with vision loss doesn't have to be scary; in fact, it can be a liberating experience, and our caring specialists will be there every step of the way. So whether you want to reach the corner store or the farthest corners of the country, we'll help you build the skills to get there.



- Learn the **sighted guide technique**: a safe and comfortable way to walk with a sighted person.
- Discover how a **white cane** makes travelling with vision loss easier and safer.
- Learn how to **find and cross intersections** so you can travel independently.
- **Ride public transit** with confidence and reach community resources like your local grocery store, bank or shopping mall.
- **Navigate new environments** like a new workplace or school campus.

“It’s such a wonderful gift the mobility lessons have given me. It’s been liberating beyond words.”

—Tim Lait, CNIB client

# The CNIB Library

## Rediscover the joys of reading

Home to more than 80,000 accessible materials in formats like braille and audio, the CNIB Library is Canada's largest library for people who are unable to read traditional print. If you love reading, the CNIB Library is yours to explore.

- **Find books and magazines** in a variety of accessible formats; we'll help you find the format that's right for you.
- **Download books and daily newspapers at the click of a button** through our digital collection.
- **Enjoy classic movies** with our narrated video collection.



- **Help your kids discover a love of reading** with braille and printbraille books for children and teens, as well as our online Children's Discovery Portal.

If you'd like help finding a book, movie or other library material, call **1-800-268-8818** or email **library@cnib.ca**.

---

More than

**three million**

**Canadians** have a print disability, which prevents them from accessing conventional text.

---

# Assistive Technology Services

## Stay connected

Discover a new world of cutting-edge products – from accessible audio book players, to video magnifiers, to computer screen readers and a host of other items to make life with vision loss easier.

- **Receive an assessment and get recommendations from our experts** on assistive technologies that meet your specific needs.
- **Learn to use your assistive technologies**, with instruction from a CNIB specialist who will help to make the process as simple as possible.





- **Get the tools you need to do your best at work or school.**
- **Find out what financial supports you may be eligible to receive** for the purchase of assistive products.

# Shop CNIB

## Find helpful products for better living

**Shop CNIB** offers Canada's largest array of products and technology for better living with vision loss. Here are just a few of the products you'll find at Shop CNIB:

### Around the house



- Magnifiers of all kinds
- Talking watches, timers and scales
- Large-button phones
- Colour identifiers





## Fun stuff



- Braille board games
- Tactile dice
- TV magnifiers
- Large-print playing cards

## Out and about



- White canes
- Pocket magnifiers
- Specialty sunglasses
- Talking pedometers

## At the office



- High-contrast, large-print keyboards
- Brailers
- Signature guides
- Talking calculators

# Career and Employment Services

## Open the door to opportunity

Our career and employment services can give you the information and resources you need to build your job skills and achieve a satisfying career.

- Get one-on-one **support in exploring your career interests**, pursuing job opportunities, networking or building your presentation skills.
- Find or become a **professional mentor** through our online CareerConnect Canada program.
- Learn about **tuition and wage subsidies** that may be available to help you access training or start a new job.



“I felt ‘Nobody’s going to hire me.’ But [my CNIB specialist] Heather wouldn’t let me give up . . . I did an interview and bang, I got the job. It felt really good.”

—Glenn Wylie, CNIB client

# Child and Family Services

## Build a brighter future for your child

At every stage, CNIB is an essential resource for children and families living with vision loss – helping children who are blind or partially sighted grow into successful, confident adults.



## Our child and family services . . .

- **give children the support they need to excel**, like braille preparation, tactile learning sessions and peer programs.
- **help teens prepare for their futures**, explore their career interests and transition to post-secondary school.
- **provide parents with educational materials**, peer groups, access to local resources, workshops on raising a child who is blind or partially sighted, and more.
- **empower families to advocate** for improved educational opportunities for the welfare of their children.

“The difference CNIB has made for Joshua has been huge. He has become more optimistic and fearless because of CNIB.”

—Necole Hoskins, mother of a child with vision loss

# About CNIB

CNIB is a registered charity, passionately providing community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.

To do that, we work with people of all ages in their own homes and communities, providing the services and support they need to rediscover their independence and pursue their goals.

Web: **cnib.ca**

Email: **info@cnib.ca**

CNIB Helpline:

**1-800-563-2642**



Charitable registration #119219459 RR0003