

# WHAT IS VISION REHABILITATION?



MAY 2021

Cleveland Sight Center offers a variety of vision rehabilitation services, but what is vision rehabilitation? Our Marketing Manager, Megan Sigler, sat down with Vision Rehabilitation Specialist, Katie Lepis to learn more. Read the full interview below.

## **1. What do Vision Rehabilitation Specialists do?**

We work with adults with a wide range of visual impairments, from low vision to total blindness, and provide training, support, and equipment to allow them to reach their goals for independence. This can include:

- Assistive Technology (computers, smartphones, tablets)
- Daily living skills (cooking, cleaning, personal and home management skills, safety)
- Braille (reading and writing)
- Low vision equipment (magnifiers, lighting, glare control)
- Orientation and mobility (white cane, sighted guide, public transportation)

We also provide information and support to clients based on the goals and needs of each individual.

## **2. How do you describe vision rehabilitation to the outside world?**

I describe vision rehabilitation as a service that teaches individuals with a visual impairment the skills necessary to continue living independently and to maintain their quality of life.

## **3. Why do you think vision rehabilitation is important?**

Vision rehabilitation is important because it shows people with vision loss that living an independent, productive and successful life is possible. It teaches the skills to work towards that individual's goals for independence.

## **4. How do vision rehabilitation services impact clients?**

Clients are able to reach goals and accomplish tasks that they may not have believed possible through vision rehab. I hear from clients, almost daily, that tell me that they never knew how much equipment and support was available to them. They are grateful for the skills they learn because it allows them to maintain and improve their independence.

## **5. Tell me about a recent client story**

I recently worked with a client who is totally blind and just purchased an iPhone for the first time. He was new to the technology when I first met him and he explained that he was doubtful that he would be able to use the phone successfully. By the end of his training, he was not only able to use his phone for calling and texting, but he used the apps DoorDash and Instacart to place orders for food from grocery stores and restaurants. He called me several weeks after his training was complete to let me know that he has been using these apps all the time and he is incredibly grateful. During COVID, he has been having difficulty finding a ride to the store when he is in need of food or basic supplies and he is now able to purchase the items that he needs independently. He said that he feels much safer now that he is able to remain at home as much as possible and is proud of the progress he made with the help of Cleveland Sight Center.