

# Vision Services

Orientation and Mobility Services

Occupational Therapy

Low Vision Services

Neurological Vision Services

Education and Support Services



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Guide Dogs SA.NT is a premium service provider in the disability sector.

We use our expertise with dogs and in sensory service provision to enhance the quality of lives of individuals living with a disability and their families.

Guide Dog Services

Vision Services

Sensory Services

Hearing Services

The Department for Families and Communities has contributed funds towards this program. Approximately 75 per cent of costs are funded through public support.



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## Vision Services

Guide Dogs SA.NT's Vision Services provides programs to people who are blind or vision-impaired including mobility and independent living skills programs.

Vision loss can make many of life's simple tasks more difficult, such as shopping, reading, cooking, travel, study or work.

Our team of tertiary qualified professional and experienced staff members design individual programs for adults and children with vision loss to suit their lifestyle and goals.

A tailored program could include one or a combination of the following areas:

- Education regarding the person's vision and training to maximise usable vision and use of other senses to increase independence
- Learning to walk different routes safely, independently and efficiently, including safe road crossing assessment
- Learning to use public transport
- Use of equipment such as long white canes, magnifiers and talking watches
- Learning new skills and use of equipment to assist with everyday living, such as shopping and cooking
- Assessment and training for vision loss caused by a stroke or head injury
- Support and education for family and friends

*“Thank you for the wonderful care and attention. The team were absolutely marvellous and the practical advice became part of an everyday coping strategy for my husband.”*

Margaret Riorden, wife of Vision Services Client.

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## Orientation and Mobility Services

Our highly skilled Orientation and Mobility Instructors teach people who are blind or have a vision impairment to move around their environment safely and with confidence.

They work on a one- to- one basis, providing help with:

- Safety in the home
- Avoiding objects or hazards
- Managing steps, stairs, railway platforms and other changes in elevation
- Increasing confidence in travelling independently
- Learning how to orientate self in both familiar and unfamiliar environments
- Crossing roads with or without traffic controls
- Using public transport
- Travelling at night or in poor lighting conditions

### Individual programs

Staff customise programs to suit each client's individual situation and goals. Assessment and training are usually provided in the client's home and the environment where they are travelling to.

## Training Programs can include

- Cane training – there are several types of canes available for individual needs including the long white cane, identification cane and support cane
- Low vision training – not all clients require a white cane, however can be taught techniques to increase their safety
- Electronic travel devices – devices which can be used to enhance independent travel
- Guide Dog training – after completion of white cane training, clients can be referred to Guide Dog Services if desired

## Specialised Services

- Orientation and mobility programs to children of all ages who live in regional areas
- Transition programs for Year 12 students to assist them in the transition from high school to work or further education
- Residential life skills camps for children are held on an annual basis
- Electronic travel devices such as Mini-Guide and Trekker GPS which can enhance independent travel when using a white cane or Guide Dog
- Falls prevention-assessment of vision-related risk factors, analysis of a person's falls history, education about vision impairment and the link with falls, education about reducing the risk of falls via identification of hazards around the home, advice about maximising use of functional vision, lighting, contrast and home modifications
- Visual skills training- scanning training to assist people to manage their daily tasks who have vision loss caused by a stroke or head injury
- Vision advice- we will provide vision advice to a hospital therapist completing a home assessment when determining safety for discharge

# Occupational Therapy

Guide Dogs SA.NT offers an Occupational Therapy (OT) Service that can be delivered through our Low Vision Services and Neurological Vision Services.

Our Occupational Therapists can assist people of all ages with a vision impairment to overcome challenges they may experience in daily living activities.

Individualised programs may include providing strategies and adaptive aids to assist with:

- Domestic tasks- meal planning, cooking, laundry and cleaning
- Personal care skills- clothes identification and grooming
- Community skills- shopping, using an ATM and identifying coins and notes
- Communication skills- using the telephone, computer, reading, writing and signing documents
- Home safety and environmental recommendations- advice about trip hazards, home modifications and using contrast when completing tasks
- Lighting recommendations- maximising vision with advice about the best type and amount of lighting
- Education and training on adaptive equipment- low vision aids such as large print and talking watches and liquid level indicators which give an alert tone when to stop pouring hot water into a mug





*"It's amazing how much easier it is now to do the things that I love - the simple things, like watching TV for example. Guide Dogs SA.NT provided the tools I needed to make this possible - it's just wonderful."*

Betty Krek, Vision Services Client.

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## Low Vision Services

Our Occupational Therapists and Orthoptists can teach people who are blind, or have a vision impairment, independent living skills.

They work on an individual basis with clients providing assistance with:

- Magnification provision and training
- Functional Vision Assessment
- Vision Counselling
- Daily living activities
- Adaptive aids
- Lighting Recommendations

### Individual Programs

Staff customise programs to each client's individual situation and goals. Assessment and training can occur at the client's home and at the Guide Dogs SA.NT office.

Our staff can help you learn to:

- Live safely in your home environment
- Shop at your local supermarket
- Read your mail with special magnifiers
- Safely make a hot drink
- Participate in hobbies such as sewing or bowls

“Someone recently told me they wouldn't have known that I was vision impaired. I'm now catching buses, walking through the city - and this is all thanks to the orientation and mobility training I had with the team at Guide Dogs SA.NT.”

Des McNamara, Neurological Vision Services Client.

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## Neurological Vision Services

Our team of Orientation and Mobility Instructors, Occupational Therapists and Orthoptists provide assessment and training for people who have a vision loss as a result of a stroke or head injury.

They work on an individual basis with the clients and provide assistance with:

### Assessment and Training

- Assessment of vision loss using the Vision Assessment and Scanning System (VASS)
- Education regarding the vision loss for both the client and their family and friends
- Training to compensate for change to vision
- Orientation and Mobility programs
- Occupational Therapy programs
- Orthoptic assessment and training for eye movement and double vision (diplopia)

## Individual Programs

Staff customise programs to each client's individual situation and goals.

Assessment and training can occur at the client's home and at the Guide Dogs SA.NT office. Staff can also provide assessment and training at hospitals and rehabilitation centres if the client is an inpatient.

Our staff can help you to:

- Increase independent and safe mobility for returning to work, study and recreation
- Increase independence with daily living tasks
- Understand the nature of the vision loss

## **Education and Support Services**

Guide Dogs SA.NT provides education, training and support for community organisations, family, carers and allied health care professionals regarding vision impairment and the impact on the individual.

This includes:

- Workshops about eye conditions and handy hints about assisting a person with vision impairment
- Sighted Guide training which is an effective method of safely guiding a person who is blind or has a vision impairment
- Group sessions for people who are blind or have a vision impairment
- Group sessions for carers

### **Costs:**

A charge may apply to provide general workshops for community organisations and allied health care professionals.

Please contact Guide Dogs SA.NT for further information regarding this.

### **Additional Education and Support Services**

Workshops on hearing, hearing loss and assisting people with a hearing loss can be provided by Hearing Services, a department within Guide Dogs SA.NT.

# Frequently asked questions

## **Do I need a referral?**

Anyone can refer to Vision Services. However if you are referring on behalf of another person, you need their permission to refer.

## **How do I make a referral?**

Complete the attached referral form and fax or post to Guide Dogs SA.NT, or call 8203 8333 and ask to make a referral to Vision Services.

## **What type of vision loss is required?**

If a vision impairment is affecting your ability to be independent, you can refer for services from Guide Dogs SA.NT.

## **Where will I be seen?**

Appointments are available at the Guide Dogs SA.NT office or in your home. Guide Dogs SA.NT are also available to see people in hospitals and rehabilitation centres.

## **How much will this cost me?**

All of Vision Services programs are at no cost to the individual. Sometimes there will be a charge for purchase of equipment.

## **How long will the intervention last?**

Programs can vary from one session to several weeks depending on the need of the individual.

## **I live in the country – can I still receive services?**

Orientation and Mobility Instructors travel to regional areas on a quarterly basis and can provide a service at your home. Country clients are also welcome to make appointments to see staff in the Guide Dogs SA.NT office.



# Referring Source

(if referred by health professional)

Title

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Organisation

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Email

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Would you like feedback on patient's progress?

No  Yes

## Client Details

Client Name

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Address

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Telephone

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Mobile

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Fax

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Email

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## Referring Source

(if referred by health professional)

### Services required;

- Orientation & Mobility
- Occupational Therapy
- Low Vision Services
- Neurological Vision services
- Education and Support Services

Has the client given consent for this referral?

- No  Yes

Please post, fax or email to:

**Administration Services Team**

Guide Dogs SA.NT

251 Morphett Street

Adelaide SA 5000

Fax: (08) 8203 8332

Email: [clients@guidedogs.org.au](mailto:clients@guidedogs.org.au)



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# Other ways Guide Dogs SA.NT makes a difference

## Guide Dog Services

Guide Dogs provide a safe and effective way for people who are blind or vision impaired to travel independently.

## Sensory Services

Sensory Services supports people living with complex needs, including vision and/or hearing loss. Offering individual programs working to minimise social isolation and improve quality of life.

## Hearing Services

Hearing services provide support to individuals and their families to effectively manage their hearing loss through workshops, support groups and resources.

## Discovery Centre

Guide Dogs Head Office is home to Australia's first interactive vision and hearing education facility. Featuring nine innovative exhibits, this state-of-the-art facility take visitors through a selection of daily experiences whilst simulating a vision or hearing impairment.

For more information visit:  
[guidedogs.org.au/discovery-centre](https://guidedogs.org.au/discovery-centre)



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Guide Dogs purpose is to use our expertise with dogs and in sensory service provision to enhance the quality of life of people living with a disability.

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