

**Texas Workforce Solutions-
Vocational Rehabilitation Services**

Older Individuals Who Are Blind Services



Serving people 55 years of age or older who are blind or visually impaired and interested in continuing their independent living lifestyle

Helpline 844-NEED-OIB (633-3642)

Start My VR



**TEXAS
WORKFORCE SOLUTIONS**

VOCATIONAL REHABILITATION SERVICES



A proud partner of the American **JobCenter**® network



"I can do these things at home again."

Texas Workforce Solutions comprises the Texas Workforce Commission, 28 local workforce development boards and our service-providing partners. Together we provide workforce, education, training and support services, including vocational rehabilitation assistance for the people of Texas.

Living Independently

Living independently allows us to maintain our freedom, expand our confidence and complete activities of daily life on our own terms. Vision loss is common as we age and can make it difficult to maintain a self-determining lifestyle. Some individuals may need minor assistance or guidance to maintain their daily routines while others may need more services. Our goal is to provide

information and training needed to help individuals who are older regain their confidence and live independently.

Older Individuals Who Are Blind Program

Techniques taught via the Older Individuals Who Are Blind (OIB) program can include:

- Preparing your own meals;
- Managing your medications;
- Traveling around your home and in the community;
- Maintaining your household, finances, etc.

How Our Program Can Help You

Contact your local Texas Workforce Solutions-Vocational Rehabilitation Services office to speak with a representative for our Older Individuals Who Are Blind (OIB) program. Or simply call our OIB Helpline 844-NEED-OIB (633-3642). A program representative will ask you a few questions to learn how your vision loss is affecting the things you want to do.

OIB program services include:

Assessments and Evaluations

You may receive vision-related tests to determine if you are eligible for OIB services. Assistive devices, such as magnifiers or markers that can allow for identification of items and/or appliances in your home may be recommended such as marking common oven settings. Evaluations may also be recommended to determine if you are a good candidate for certain equipment and/or training.

Information and Referral

You will be given a detailed guide titled “Guide to Independent Living for Older Individuals Who Are Blind or Visually Impaired.” The guide provides important information on the following:

- Adjustment to blindness and low vision;
- Tips for performing everyday activities (meal preparation, cleaning, identifying money, safe travel, recording and dialing phone numbers, identifying medications and use of apps for smart phones);
- Community services such as transportation, Meals on Wheels®, housing, etc;

Special resources (referrals to eye specialist and low-vision services support groups).

Training

You may receive training to learn new ways to do everyday tasks. Training within a group can be very helpful as members can learn from one another. Classes on cooking, mobility, and diabetes education management offer opportunities to learn introductory new skills in a supportive setting.

In some situations, more in-depth training will be needed to achieve independence. This training is specifically tailored to meet the unique needs of each individual. Examples might include extensive mobility training, medication management, organization techniques in the home, braille training, or use of low vision aids.

Are You Eligible for Program Services?

The following three criteria must be met in order to receive services provided by Older Individuals Who Are Blind (OIB) program:

- **Criterion 1** —The individual is 55 years of age or older;
- **Criterion 2** —The individual has a visual impairment that is a

substantial limitation to living independently;

- **Criterion 3** —The delivery of OIB services will improve the individual's ability to function, continue functioning, or move toward functioning independently.

Mary Ann's Success Story



As a teacher, Mary Ann assisted children with overcoming obstacles and challenges in the classroom so that they could achieve their educational goals.

After retirement, Mary Ann faced her own challenges. She was diagnosed with the dry form of macular degeneration. Mary Ann noticed that she could no longer see to set her clock, stove settings, and other appliances in her home. She also could not read as well as she could in the past.

Mary Ann was aware of the vision challenges she faced and took a proactive approach to find solutions. She contacted her local Texas

Workforce Solutions-Vocational Rehabilitation Services (TWS-VRS) office and was connected with a representative for Older Individuals Who Are Blind (OIB) program and a TWS-VR teacher.

The program representative and teacher met with Mary Ann and created a plan of actions. As a result, Mary Ann now uses a large display clock, a closed-circuit TV, a magnifier, and tactile bump dots that have been placed on her oven and other appliances to assist her.

Mary Ann states that without these items and the assistance provided by TWS-VRS she would have had difficulty remaining independent within her home and community.

Contact the OIB Program Today!

Call OIB Help Line Number:
844-NEED-OIB (633-3642)

Email the OIB Program at:
oib.info@twc.texas.gov

Find a local TWS-VRS Office:
www.twc.texas.gov/VRNearMe



TEXAS WORKFORCE SOLUTIONS- VOCATIONAL REHABILITATION SERVICES

101 East 15th Street
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Call or Email Our Helpline
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