



1800 Johnson Street Baltimore, MD 21230

**FREE
MATTER
FOR THE
BLIND**



**Do You Know
a Blind Person?**



Do you know a blind person who needs help or information? Perhaps the

person is newly blinded or is losing vision so that accomplishing

things with sight has become difficult. It is estimated that about 20

percent of blind people are totally blind, but most have some remaining vision. Maybe the person does

not know about all the services that are available, such as vocational rehabilitation, library services, or Social Security benefits.

Maybe you or someone you know has a blind child and doesn't know

how to make sure the child gets the education and training the

child needs. The National Federation of the Blind can help!

Blindness does not need to be a tragedy. Because the blind of this

nation are working together through collective action to

improve our lives and make our dreams of independence and

equality come true, blind people everywhere are enjoying active and

productive lives. So can you or

the person you know who is dealing with blindness. All you

need is some basic information, a little encouragement, and a lot of

supportive friends who are blind and who are making their way in

the world. And you've come to the right place for all these

things—the National Federation of the Blind.

This brochure contains information

about the services that are available to the blind, as well as information about the time-tested

resources we've developed at the National Federation of the Blind.

For more information about anything here, contact us at 1800

Johnson Street, Baltimore, Maryland 21230, (410) 659-9314,

nfb@nfb.org, or visit our Web site at www.nfb.org.

NFB-LINK

Through the power of the Internet, NFB-LINK pairs individuals seeking information about blindness with experienced blind

Social Security Benefits

Blind persons who have paid into the Social Security system may be eligible for Social Security Disability Insurance (SSDI). Blind persons who have little or no regular income or savings may qualify for monthly payments under the Supplemental Security Income (SSI) program. Contact your local Social Security office for applications. We follow the changes in the Social Security laws and regulations closely, so don't

hesitate to call us if you have any questions or problems. We can help you learn about the special rules which allow you to work

while still maintaining your benefits until you can get on your own feet financially.

mentors. From knowing how to land a job as a blind person to participating in everyday hobbies,

our NFB-LINK program can help blind people and their families

access countless resources. For further information or to seek a

mentor, visit www.nfbblink.org.

Do You Know a Blind Person?

Vocational Rehabilitation

Every state has an agency that is responsible for helping the blind to find employment. These agencies are required by law to work with a blind person in a cooperative way to help the person train for, find, and get the kind of employment he or she wants. If the services a blind person needs are not available in the state where the blind person is located, the agency must help get services from someone else if an eligible blind person so desires. Contact us at the National Federation of the Blind, and we can tell you how to work with your state agency to develop a plan to achieve your employment goals.

Employment

The National Federation of the Blind is the voice of the nation's blind and, as such, has some fifty thousand members who are working in all kinds of jobs. We can help you find experienced blind people who may be doing jobs in which you're interested so that you can network with them and learn about the skills you'll need and the alternative techniques you might use to get the job done. To find out more, contact the National Federation of the Blind.

Library Services

Your state, like every state, has free library services for the legally blind. Books and magazines are available free of charge in accessible formats such as Braille, large print, and cassette. Equipment to listen to the recorded books is also available on loan to library patrons. For details about where and how to apply for services in your area, you may contact your local library or visit our Web site at www.nfb.org. Also, don't forget to ask about NFB-NEWSLINE®, our free service that lets the blind read over two hundred newspapers and magazines on demand with just a touch-tone phone.

Education of Blind Children

The Individuals with Disabilities Education Act (IDEA) says that blind children are entitled to a free

public education in the "least restrictive environment" and parents have the right to help plan their child's educational program. This includes the right of the child to learn Braille if he or she needs it. If you are the parent of a blind child, contact us, and we will help you make sure that your child's needs are met. We will do this by providing information about how to work with your child's school and teachers to make sure that your child gets the education he or she deserves.

Civil Rights

There are federal and state laws and regulations that protect the civil rights of the blind in such areas as employment, education, housing, insurance, public transportation, and public facilities. If you know of someone who thinks he or she has been unjustly treated just because of blindness, please contact us. We will try to help.

Scholarships

Blind students can and should take advantage of the same scholarship programs that are available to sighted students. However, there are also scholarships that are only available to the blind. The National Federation of the Blind awards over \$120,000 a year in scholarships to blind students. These scholarships help blind students to purchase adaptive technology, hire readers to use when Braille or taped materials aren't available for their courses, and meet other expenses. Call or write us for an application, or go to our Web site.

Products and Aids

Technology has made many useful products available to the blind. Some products, like Braille or talking watches, make daily life easier. Other products, like Braille notetakers and software to make computers talk, have opened up more employment opportunities for the blind. We sell many products that help the blind in daily life in our Independence Market, and we make a concerted effort to test every piece of computer and Braille technology on the market in our

International Braille and Technology Center. We recently launched the Kurzweil-National Federation of the the Blind Reader, the first handheld reading machine for the blind. With the touch of a button, this new technology converts a picture of print into the spoken word. Contact us for more information about products that may help you or someone you know.

Publications

The National Federation of the Blind publishes a great deal of literature including helpful magazines and books:

- The *Braille Monitor* is the voice of the National Federation of the Blind. It is published eleven times per year in Braille, in large print, and on cassette tape.
- *Future Reflections* is a magazine for parents and educators of blind children. It is published quarterly in print and on cassette tape.
- *Voice of the Diabetic* is the quarterly publication of the Diabetes Action Network, a special interest division of the National Federation of the Blind, and addresses the problems and concerns of blind diabetics. It is available in print and on cassette tape.
- The Kernel Books series is a collection of books containing first-person accounts of the lives of the blind. Each book is a mini-anthology of articles and stories by and about blind people, drawn from real-life experiences and emphasizing a positive philosophy about blindness. They are available in large print, in Braille, and on cassette tape.

Contact the National Federation of the Blind today. We'll put you in touch with the local affiliate of the NFB in your area and provide you with any other assistance we can. You can reach us at:

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