

- Attend an NFB resource fair for seniors in your area
- Register with your state's Library for the Blind and Physically Handicapped and get large print and recorded books



*Barbara, who is totally blind, bakes another batch of hot cross buns for her grandkids.*

- Locate a low vision specialist in your area, and learn about additional services in your community
- Visit an assistive technology center to learn how to use a computer
- Read our free NFB motivational literature about using alternative techniques
- Obtain practical low vision aids from the NFB's Independence Market or other sources



Learn more by contacting:  
 The National Federation  
 of the Blind Senior Division  
 1800 Johnson Street  
 Baltimore, MD 21230  
 (410) 659-9314  
 E-mail: [nfb@nfb.org](mailto:nfb@nfb.org)



**Are You a Senior  
 Struggling with  
 Vision Loss?**

*The NFB Senior  
 Division is Here to Help*

## Accepting Change

As we age, so do our eyes, and this may result in vision loss. In fact, the majority of people who develop low vision or become legally blind are over 65. Of course, adapting to changes in your eyesight can be difficult and may lead to fear, frustration, and feelings of isolation and helplessness. Sometimes well intentioned friends and family members may even contribute to these negative feelings because they too believe we are unable to care for ourselves.



*Arthur insists that there is life after vision loss if you learn to use the AAA approach.*

## A New Attitude

We at the NFB Senior Division believe vision loss need not restrict your life. Our experience is that with the correct training and encouragement, seniors with vision loss can, and do, continue to enjoy full and independent lives.

The secret lies in the AAA Approach: Acceptance, Attitude, and Alternative



*Connie, a former nurse, decided that vision loss wouldn't stop her. As a member of the NFB's Senior Division, she enjoys encouraging others and sharing her strategies for success with others.*

techniques. By learning to use some alternative techniques that employ senses of touch or hearing rather than sight, low vision seniors continue to do almost everything they wish.

## Adopting Alternative Techniques

Thankfully, many of these clever alternatives are relatively easy to learn. Blind and low vision seniors everywhere are successfully using practical nonvisual techniques to manage everyday life to retain and regain their independence.

You can:

- find alternatives to driving
- cook and clean

- write letters
- continue favorite hobbies
- shop in stores and online
- dial the telephone
- use computers
- read daily newspapers
- organize and identify money
- recruit and work with readers
- travel for pleasure
- get around safely and confidently



*Magnifiers, talking watches, and other types of low vision aids (many available at the NFB Independence Market) can make life easier.*

## Next Steps: Make the most of our NFB resources

Many are free of charge!

- Reach out to one of your peers in the NFB Senior Division
- Subscribe to NFB-NEWSLINE<sup>®</sup>, and read the newspaper again
- Join a local NFB chapter, and meet other low vision seniors