

CPT Group Therapy Program

Poor Vision/Blindness

Educational Group Discussion Information

Purpose: The purpose of this group is to educate patients with impaired vision or blindness on strategies to promote safety, independence, and review adaptations.

Admission Criteria:

- Able to tolerate sitting for at least 30 minutes
- Free of isolation precautions
- Impaired vision affecting ability to perform safe functional mobility/tasks

Objectives/Goals:

- Patient will identify strategies to accommodate vision impairments to promote safety with functional tasks

Suggested Materials

- Adaptive equipment/magnifying glass/ bright colored tape
- Printouts of the educational materials provided in this group (large font)

Suggested Activities:

Read and review educational materials

Question/Answer from Group

Any additional suggestions from members of group share

Measures to promote reading:

- Braille
- Telescopic eyeglasses
- Magnifying glasses
- Talking books and tapes

Measures to promote safety:

- Laser canes
- Seeing-eye dogs
- Lifeline devices
- Good lighting
- Removal of hazards, i.e throw rugs
- Handrail on stairways
- Large numbers on telephones
- Clutter free pathways
- White canes (signifies blindness)
- Wear glasses or contacts

Measures how other people can assist you:

- Always identify yourself when approaching the client
- Let the client know if you are leaving
- Warn client of steps or hills
- Place client's hand on chair when sitting
- Describe the general area to the client
- Have client hold your arm above elbow when walking
- Tell the client you are going to touch them before doing so

Measures to promote independence:

- Talking devices for the blind, i.e. calculators, thermometers, scales
- Pill boxes for medication
- Inform location of food on plate using the clock concept
- Always keep belongings at the same place
- Large number telephone dials
- Large print books / talking books
- Use contrasting colors between objects
- Use screen magnifiers
- Use large print calendars or talking clocks
- Control glare – shades on lamps, sheer curtains, visor, amber filter on eyeglasses
- Label clothing with touch raised labels
- Have matching clothes hung together

- Rubber band around milk carton to distinguish from juice
- Adjust lighting for needs
- Medications – have pharmacy print large labels; use dark colored tray with light pill bottles, store in same place, use magnifier, use rubber bands to distinguish 1 med from another,
- Mobility – practice counting steps to identified place, count doorways,
- Coins practice feel of different sizes
- Install safety gate by stairs
- Improve Other senses
 - Touch – practice identifying objects by touch
 - Sound –identify sounds
 - Taste – identify foods, spices by taste
 - Smell – Identify household products, spices, flowers, etc by smell