

Talking with Your Rehabilitation Services Team

Rehabilitation services may be provided by a team of specially trained professionals, which may include low vision therapists, vision rehabilitation therapists, occupational therapists, and orientation and mobility specialists. When you and your Rehabilitation Services providers work together as a team and communicate well, you'll feel more confident — and you'll get better services.

Inform your Rehabilitation Services Team about your combined hearing and vision loss:

They may have different recommendations when they have this information.

Plan ahead to make the most of your appointments:

Working together is all about good communication. There's nothing wrong with asking lots of questions!

But since it's easy to forget what you wanted to ask during an appointment, plan ahead and write down your questions before you meet.

Ask questions — and keep asking until you understand:

Your Rehabilitation services team needs to listen carefully to your questions and concerns — and you need to make sure you

understand exactly what your they tell you. Take a look at these questions you may want to ask.

Questions about your Orientation and Mobility Training:

- What will I learn about indoor travel skills?
- What will I learn about outdoor travel skills?
- What are pre-cane skills?
- Will a cane be helpful to me?
- How will we work on using public transportation?
- Can you give me some information to take home with me?

Questions about Independent Living Training

- What kind of home modification recommendations are available?
- What can I learn about personal self-care?
- What type of training do you offer on using the telephone?
- Please explain your financial management training.

Questions about Communications Skills Training

- What training do you offer for reading and writing?
- I'd like to know about assistive technology training and what it includes.
- Do you recommend that I start learning braille? If so, what kind of lessons are available?

Keep track of what you learned during your appointment:

To help you remember everything your Rehabilitation services team tells you:

- **Take notes during your appointments.** You can write down your notes or record your conversation with your cell phone so you can listen to it later.
- **Ask a friend or family member to come with you to the appointment.** They can take notes, help you ask questions, or just be there to listen and support you.

Adapted from: [Vision Rehabilitation Services - Vision Aware](#)

Additional Resources

Older Individuals Who Are Blind programs

Older Individuals who are Blind (OIB) programs are a link to rehabilitation services for people 55+ who are blind or have low vision. To find and apply for to the OIB program in your area, visit <https://www.oib-tac.org/time-to-be-bold/>