**Virginia Rehabilitation Center for the Blind and Vision Impaired (“VRCBVI”)**

**Presents**

**“Live Active, Live Healthy, Live Modern”**

**Two sessions, each five days, for seniors experiencing vision loss + one (a loved one, family member, or friend)**

**Sunday – Thursday, August 13-17, 2023**

**OR**

**Sunday – Thursday, August 20-24, 2023**

**(Participants will arrive at the VRCBVI dorm Sunday after 4:00 PM, and the program will end on Thursday at 3:00 PM)**

**Virginia Rehabilitation Center for the Blind and Vision Impaired, 401 Azalea Avenue, Richmond, VA 23227, phone: (804) 371-3151**

**Does your vision loss affect your ability to read, get around independently, take care of your home, and enjoy your hobbies? If so, how can VRCBVI’s program help you? We can help by providing the following services free of charge:**

* **Coping with vision loss**
* **Daily living skills**
* **Independent travel**
* **Assistive technology skills such as learning to use iOS devices**
* **Diabetes education and training on the use of talking glucometers**
* **Nutritional consultation**
* **Recreational activities designed to promote a healthy, active lifestyle**
* **Additional resources**

**Coping Skills**

**In a group setting, we discuss our personal journeys involving loss of vision, loss of independence, inability to do tasks we once did, depression, and reaction of family and friends. We identify solutions for challenges related to vision loss and develop a network of individuals who share our experiences to create a resource for the future.**

**Daily Living Skills**

**Just because your vision is getting worse doesn’t mean that you can’t still enjoy life. We can teach you safe cooking and sewing techniques, methods for labeling medications and personal items, money identification, and the use of adaptive tools, i.e., talking clocks, signature guides, etc.**

**Independent Travel**

**You can still travel safely and independently. We can teach you techniques for traveling with family and friends with confidence and dignity. These include the use of the long white cane for independent travel and identification purposes so that you can remain active in your community.**

**Assistive Technology Skills**

**You will learn the basics of accessing information on the computer using speech software and/or magnification programs, and how to send and receive e-mail communication. You will also receive an introduction to iOS devices.**

**Diabetes Education**

**You will learn techniques and strategies for managing your diabetes independently as a blind or vision-impaired individual.**

**Nutritional Consultation**

**You will learn about the benefits of a healthy diet to mind and body. How do you monitor nutritional information about food if you are blind or vision impaired?**

**Recreational/Wellness Activities**

**You will learn how to participate successfully in exercise routines to optimize physical fitness and participate actively in the hobbies and interests you had before vision loss.**

**The program consists of a diverse group of qualified professionals trained in the field of blindness and low vision.**

**For information on the application process, call your DBVI Rehabilitation Teacher or Brooke Rogers, VRCBVI Assistant Director for Administration, (804) 371-3338.**

**Participants must meet the following requirements to attend:**

* **Have an open Rehabilitation Teaching case with the Virginia Department for the Blind and Vision Impaired.**
* **Be an individual who is legally blind or vision impaired.**
* **Be age 55 or older.**
* **Be able to self-administer all medications and manage medical and personal needs independently (VRCBVI uses no medical staff or personal care attendants for the retreat).**
* **Possess physical health, stamina, and functional ability to participate fully in all retreat activities from morning through evening (breakfast starts at 7:30 AM and activities continue throughout the day and sometimes into the evening).**
* **Have a strong desire to achieve independence.**

**Up to fourteen seniors, each allowed an accompanying + one, will be accepted for the retreat. Deadline for applications is Monday, July 24, 2023, or until the program is full, at which time we will begin a waitlist.**

**(For individuals who need interpreter services to participate, VRCBVI must receive the request no later than Friday, June 23, 2023.)**

**Individuals will be notified of their acceptance into the retreat as VRCBVI processes applications. Preference will be given to those who have not participated in a VRCBVI-sponsored senior retreat. This means that individuals who have previously attended a VRCBVI-sponsored senior retreat will be notified of their acceptance status after July 24, 2023, the program application deadline.**

**Come prepared to have fun, learn a lot, and build lifelong networks and friendships.**