

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 and a plus one (a loved one, family member, or friend)

Sunday – Thursday, August 11-15, 2024

OR

Sunday – Thursday, August 18-22, 2024

(Participants will arrive at the VRCBVI dorm Sunday after 4:00 p.m., and the program will end on Thursday no later than 3:00 P.M.)

VRCBVI, 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? VRCBVI’s Senior Retreat can help by providing the following services free of charge:

- 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 and other tools
- Nutritional consultation
- Recreational activities designed to promote a healthy, active lifestyle
- Additional resources

For information on the application process, please contact your Virginia Department for the Blind and Vision Impaired (DBVI) Rehabilitation Teacher, Vocational Rehabilitation Counselor, or Brooke Rogers, VRCBVI Assistant Director for Administration, (804) 371-3338.

Participants must meet the following requirements to attend:

- Have an open Rehabilitation Teaching or Vocational Rehabilitation case with the DBVI
- Be 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 twenty-eight seniors, including an accompanying plus one, will be accepted for each retreat. Deadline for applications is Monday, July 22, 2024, 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 21, 2024.) Individuals will be notified of their acceptance into the retreat as VRCBVI processes applications. Preference will be given to those who have not previously participated in a VRCBVI senior retreat. Those individuals who have previously attended a VRCBVI senior retreat will be notified of their acceptance status after July 22, 2024.

Come prepared to learn new skills, meet new people, and have lots of fun!