



# ORIENTATION & MOBILITY



Orientation & Mobility (O&M) training is low vision rehabilitation that helps individuals who are visually impaired or blind, navigate their environment independently and safely.

O&M focuses on both understanding where you are (orientation) and how to move around (mobility) safely and independently. Trainings are individualized and use a combination of sensory information and mobility aids, most notably the white cane.

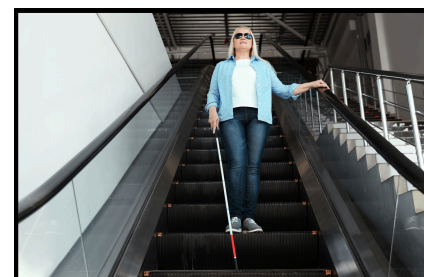
## O&M training focuses on:

- Pre cane training
- White cane training
- Human Guide
- Indoor Travel
- Residential Travel
- Navigation Routes
- Public Transit
- Business Travel



The League has three O&M specialists who work one-on-one with consumers of all ages who are blind or have low vision.

- **Individual Education Plan (IEP) Assistance**
- **Vocational Rehabilitation (VR)**
- **Private Pay**



## QUESTION & ANSWER:

**Q1:** How do you know if you need orientation and mobility training?

**A1:**

- If you have a progressive visual impairment or are legally blind.
- If you feel unsafe navigating outside your home.
- If you make body contact with walls or other obstacles.
- If you stumble over steps, drop-offs or curbs.
- If you become disoriented in new environments.



**Q2:** What training does an O&M specialist need to provide training?

**A2:**

- Masters Degree in Orientation & Mobility.
- Successful completion of an internship with 600 hours of specialized low vision rehabilitation training.
- Our staff is trained in adaptive O&M (wheelchairs, walkers and support canes).

## NEXT STEPS TOWARD INDEPENDENCE:

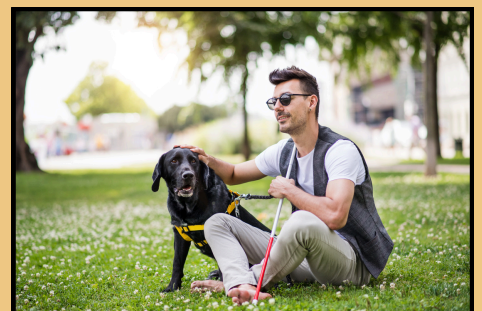
1. Complete the referral form located on The League's website at the link below **<https://the-league.org/independent-living/> or scan the QR Code.**
2. An Orientation & Mobility specialist will review your submission and reach out to discuss the next steps.



O&M Referral Form

### Currently serving the following areas:

- Indiana
- Southwest Michigan
- Northwest Ohio



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