

Visual Impairment Awareness training

Do you assist or work with visually impaired people?

The answer is probably 'yes'. It is estimated that nearly two million people in the UK are living with sight loss. We know that it already affects one in five of those over the age of 70, and the number is predicted to rise dramatically over the next 25 years. However, with a bit of help and understanding, people can retain a great deal of independence.

Many of us lack confidence when it comes to assisting and communicating effectively with a person who has vision loss. Training from Oxfordshire Association for the Blind (OAB) can impart the skills and knowledge that will enable you to provide visually impaired people with an appropriate and positive experience. We have delivered awareness training to organisations across Oxfordshire, working with trainee medical staff at the John Radcliffe Hospital, major care providers and small community projects.

What does the training cover?

A typical workshop might include:

- an introduction to some of the common causes and effects of sight loss, focussing on the different ways in which different conditions affect vision;
- an awareness of the most common issues facing visually-impaired people in their everyday lives;
- practical tips on assisting someone with a visual impairment and how to help them to do things for themselves;
- a practical introduction to sighted guiding;
- some of the adaptations, equipment and daily living aids that may help someone retain independence;
- an overview of the ways in which OAB may be able help the people you are working with, with services, equipment, and advice.

These are interactive workshops, with a focus on practical skills as well as on information and general awareness. The exact content will be discussed and agreed on an individual basis, and we are happy to tailor sessions to address the needs of individual organisations.

How will the training help?

These workshops are invaluable for anyone who comes into contact with people who are living with sight loss. The training will provide the knowledge and confidence to assist and support people appropriately. It helps participants to work more effectively with people who have vision loss and provides practical approaches to promoting independence.

The practicalities

We offer sessions of various lengths, from introductory sessions of two hours up to a full day's training. For most organisations, a half day (3.5 hours including a short break) covers a good range of issues and provides opportunity for plenty of participation. A price list is available.

Usually, we will visit your organisation and provide the training on site. However, if this is not possible, we also have our own training room at OAB, which is situated in south Oxford just off the ring road; we are near Redbridge Park & Ride and on good bus routes from the city centre. Parking is available.

Alternatively, we sometimes run sessions on which you can buy places on an individual basis. This may suit organisations where very small numbers of staff will be involved. The workshops are held on OAB premises and are usually half a day.

Comments from Oxfordshire organisations

We have provided awareness workshops for organisations across the county.

Here are a few of their comments:

- 'Clear, useful information delivered in an engaging way.'
- 'The pace was just right and even the most reserved ... felt comfortable enough to take part in the activities.'
- 'Everyone enjoyed the session and said it was very worthwhile.'
- 'The time flew by...'

Please contact Ana Novakovic at OAB if you would like to:

- get more information about OAB
- arrange to visit our resource centre
- discuss training for your organisation
 - book a workshop

Phone: 01865 725595

Email: development@oxeyes.org.uk

Web: www.oxeyes.org.uk

