

## Orientation and Mobility and Low Vision Services

Individuals who are blind or visually impaired may need additional supports to enable them to be as independent as possible in their environment. With the right training and support, individuals who are totally blind, have partial sight, or are somewhere in between can learn to navigate their environment safely, work in the community, access leisure activities, complete activities of daily living and much more. Teaching skills that move an individual towards independence promotes physical and emotional well-being. MAB's Orientation and Mobility team are on hand to assess, consult and provide direct services to individuals, providers, families and staff.



## Referral Process

Orientation and Mobility referrals should be completed by an individual's DDS or ABI/MFP Service Coordinator.

## Contact Information

For further information regarding our services please contact:

Director of Orientation and Mobility Services  
mobility@mabcommunity.org  
617-926-0290

Services are funded by the Department of Developmental Services Metro Region or Money Follows the Person Waiver and are available in the following towns and cities: Ashland, Belmont, Boston, Brookline, Cambridge, Canton, Dedham, Dover, Foxboro, Framingham, Holliston, Hopkinton, Hudson, Marlborough, Medfield, Millis, Natick, Needham, Newton, Norfolk, Northborough, Norwood, Plainville, Revere, Sharon, Sherborn, Southborough, Somerville, Sudbury, Walpole, Waltham, Watertown, Wayland, Wellesley, Westborough, Weston, Westwood, Winthrop and Wrentham.

MASSACHUSETTS ASSOCIATION  
for the  
**Blind and Visually Impaired**  
CONFIDENT LIVING WITH VISION LOSS



The Massachusetts Association for the Blind and Visually Impaired is a program of MAB Community Services, Inc., which has been working with individuals with disabilities to create opportunities and eliminate barriers since 1903. MAB has been providing orientation and mobility and low vision services to adults with vision loss and developmental disabilities since 2003.

mabcommunity.org | mabvi.org  
mass.gov/dds/visionloss

 /mabvi  /TheMABVI

## Orientation and Mobility Services

– DDS Metro Region and ABI/MFP





# Services for Individuals, Providers and Families

## Individual Assessments

The individual is assessed in their own environment to determine the needs for direct supports and/or consultation. This may include orienting to the environment, use of a white cane, community and transportation access, and person centered goals and support strategies.

## Direct Services

After establishing a plan of care an individual's mobility program may include training with appropriate travel devices, teaching orientation skills and strategies, and coordinating adjunct services to aid visual needs.

## Environmental Assessments

These may be conducted to aid the individual's functioning in the home, work, or day program by providing suggestions for simple, low-cost environmental modifications.



## Falls Risk Assessments

Falls are among the leading causes of hospitalization for individuals who are visually impaired. An assessment of the individual and environment can lead to a reduction in preventable falls.

## Community Resources

Connections to community resources include eye doctors, vision rehabilitation occupational therapy, support groups, free American Printing House materials, talking books, and more.

## Transition Support Services

Whenever an individual who is blind or visually impaired is transitioning from one environment to another, such as to a new home, job, or day program, mobility services should be consulted to orient the individual to the new location.

## Training of Support Network

Topics include: Blindness Sensitivity, Human or Sighted Guide, Orientation and Mobility Techniques, Making the Most of an Eye Doctor Visit, Community Resources, and more.

