

## What Does Orientation and Mobility Training Have to Offer?

The first step in developing your plan to get to and from work is to have good orientation and mobility (O&M) skills. A certified O&M specialist can help you learn to orient yourself to your environment and travel in a safe and efficient manner. O&M instruction will enable you to confidently and safely navigate a new environment and develop essential travel skills. Once O&M skills have been obtained, thinking about various transportation options may not be so overwhelming.

### *What is O&M?*

O&M training is available to persons with severe vision loss and is typically coordinated through state vocational rehabilitation offices. O&M specialists assist persons with visual disabilities in learning how to know where they are and where they want to go (orientation) and how to get where they want to go safely by walking or using transportation (mobility).

### *What can I learn during O&M?*

An O&M specialist will assess your skills, make recommendations about how to improve your safety, and provide training in the following areas:

- Using a white cane
- Using sunglasses or glare shields
- Using a mobility light
- Orienting to unfamiliar locations
- Using auditory cues
- Scanning the environment
- Using low vision aids for reading signs
- Using talking GPS products
- Selecting appropriate footwear
- Acquiring a guide dog
- Using electronic travel aids
- Evaluating transportation options

### *How can I sign up for O&M?*

If you have not received O&M training and would like to, or if you received O&M training and are not confident about your travel skills, contact your state vocational rehabilitation counselor to discuss your concerns. They can help you sign up for O&M services.

### *Questions?*

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