

Blindness Experience Training

Sample Agenda: (training can be customized)

Day 1: 8:00 am to 5:00 pm. Note: At MSU, lunch will be provided and incorporated into training activities. For implementation with agencies, the content of this day could also be customized over two days.

- **Objectives:** Increase knowledge about blindness and low vision to include common causes, adjustment to blindness and myths and misconceptions. Provide experiential learning activities in braille, orientation and mobility, human guide techniques and independent living skills.
- **Impact of Vision Loss**
 - Statistics about B/LV in general
 - Statistics about B/LV and employment
- **Panel/" Lived Experience" Discussion and Overview**
 - Internal and external factors impacting independence & employment.
 - Attitudes about blindness
 - Transportation barriers
 - Adjustment to blindness – why is work important?
- **Overview of causes of blindness and low vision**
- **Introduction to Blindness Experience**
 - Discuss possible benefits and drawbacks of the activities.
- **Experiential Learning Activities (Note: blindfold/sleep shade will be used for some activities)**
 - Braille overview
 - Human guide overview
 - Orientation and mobility (O&M) overview
 - Preparing and eating a meal
 - Other household chores
 - Personal care
 - On the job tasks
- **Debriefing** – Exploring your feelings about the training.
- **Evaluation and conclusion**

Day 2: 8:00 am to 12:30 pm. (optional Train the Trainer component).

- **Objectives:** Participants will practice aspects of the Day 1 training to build capacity to take the knowledge and activities back to their own agencies.
- **Overview of training materials**
 - Resource materials for information
 - Supply list
 - Logistics of activities
 - Suggestions for panel/" lived experience" discussion.
- **Experiential Learning Activities**
 - Participants will lead activities presented in Day 1
- **Debriefing and Conclusion**