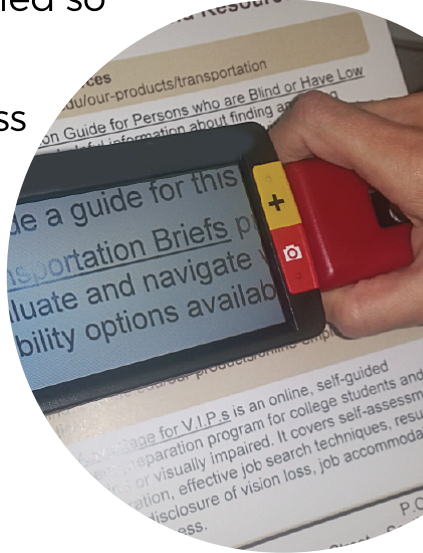


## LOST SOME OR ALL OF YOUR VISION?

If you are employed, **do not quit your job!** With recent vision loss, the way you do things may change, but it does not change the skills and abilities you have to offer an employer or your ability to learn new skills. Many jobs can be modified so that a person with vision loss can continue to perform essential job duties.

If you are unemployed, **you can find a job!** Every day, thousands of individuals with visual impairments go to work and make valuable contributions to their communities. With the appropriate training and tools, you can too!



## WANT MORE...

- Resources
- Tips for workplace accommodations
- Additional information about working after experiencing vision loss?

Visit

[www.ntac.blind.msstate.edu/youcanworkguide](http://www.ntac.blind.msstate.edu/youcanworkguide)

## CONNECT WITH US

[www.blind.msstate.edu](http://www.blind.msstate.edu)

[www.ntac.blind.msstate.edu](http://www.ntac.blind.msstate.edu)

Phone: 662-325-2001

[nrtc@colled.msstate.edu](mailto:nrtc@colled.msstate.edu)

[facebook.com/theNRTC](https://facebook.com/theNRTC)

[twitter.com/MSU\\_NRTC](https://twitter.com/MSU_NRTC)



**NATIONAL RESEARCH  
& TRAINING CENTER**  
ON BLINDNESS & LOW VISION

Funded by NIDILRR grant #90RT5040

# You Can Work With Blindness or Low Vision

**A Quick Guide to  
Maintaining or Keeping a  
Job with Vision Loss**



## VOCATIONAL REHABILITATION (VR)

Every state has a VR program to help people with disabilities gain or maintain employment at **no cost to you**. If you are concerned about your job, contact VR today!

For contact information for the VR office in your state, visit [askjan.org/concerns/State-Vocational-Rehabilitation-Agencies.cfm](http://askjan.org/concerns/State-Vocational-Rehabilitation-Agencies.cfm)

Services are tailored to your individual goals, abilities, and needs. State VR programs can assist you in obtaining the services described in this brochure.



## ASSISTIVE TECHNOLOGIES AND DEVICES

Devices like smartphones and computers have built-in software and apps that make it possible for individuals who are blind or have low vision to complete work tasks. There are technologies that make words and objects appear larger, and devices that convert print to audio. VR can help you identify job modifications and appropriate devices.



## ESSENTIAL LIVING SKILLS

You can prepare food, manage money, organize medication, and perform household chores with vision loss. VR can connect you with training programs to help you learn to perform these activities with little or no vision.

## GETTING AROUND INDEPENDENTLY

Getting from point A to point B is essential to being independent and reaching your career goals. Training in orientation and mobility will help you gain the **skills and confidence** to know where you are in relation to where you want to be. Orientation and Mobility specialists teach people with vision loss to use all senses to move about safely in various environments.

Lack of transportation can be a challenge to employment, but there are solutions. We developed a transportation guide specifically for persons with visual impairments. Use it to explore your transportation options:

[www.blind.msstate.edu/our-products/transportation-resources](http://www.blind.msstate.edu/our-products/transportation-resources)