



for the blind and visually impaired

Who We Are:

Vista Center empowers individuals who are blind and visually impaired to embrace life to the fullest.

Vista Center is the premier resource for individuals with vision loss in **San Mateo, Santa Clara, San Benito and Santa Cruz counties**, serving more than 1,700 clients and families each year. We enable our clients to achieve their highest potential through programs that promote independence and improve their quality of life.

Our Services:

- ❑ **Low vision examinations and evaluations** are provided by specially trained low vision optometrists. Typically, they prescribe optical aids to help the client use his/her remaining vision more effectively.
- ❑ **Social Services and counseling** helps both clients and families cope with the special problems that accompany the loss of sight and gain access to other community resources. **Support groups**, led by our counseling staff, provide an opportunity for clients to talk about strategies for coping with sight loss and build their own support "community." **Choices and Changes** offers education and training in managing sight loss.
- ❑ **Orientation and mobility training** teaches clients how to live more independently, including crossing streets safely, using public transportation and acclimating to school or work place.
- ❑ **Living skills instruction** aids clients with day-to-day tasks that become difficult with the loss of sight. Clients learn skills such as cooking, housekeeping and money management. In **computer classes**, clients learn about assistive technology so they can access information via large print or voice output. **Braille classes** offer an alternative method of reading and writing for the blind or visually impaired.
- ❑ **Job development/job placement services** help clients with career goals, job search strategies, recruitment/placement and worksite assessment.
- ❑ **The Health Library** offers a variety of scientifically-based medical information on vision loss and rehabilitation. The volunteer staff can search accessible media for medical information for anyone who is blind/visually impaired and requests assistance.
- ❑ **The Store at Vista Center** is stocked with a variety of products that can help people who are blind or visually impaired lead more independent lives.
- ❑ **Well-trained volunteers** work directly with our clients, filling a variety of needs such as reading mail, helping with shopping, and lending friendly support.

For More Information:

Vista Center for the Blind and Visually Impaired
(650) 858-0202
www.vistacenter.org