What is the Independent Living Program?

The Independent Living Program provides services to eligible individuals of all ages who are blind or who have a severe visual impairment to enable them to live as independently as possible in their homes and communities.

Independent Living Rehabilitation Teachers provide direct services to individuals on a one-on-one basis and coordinate services which may be available from other agencies and organizations. The program reaches out to individuals in all areas of the state, including those living in rural counties.

There are no fees required for the program.

Services are provided through State and Federal funding.

REGIONAL OFFICES

For more information, contact the office near you:

Johnson City
423-434-6934

Knoxville
865-594-6060

Chattanooga
423-634-6700

Cookeville
931-526-9783

Paris
731-644-7361

Nashville
615-741-1606

Lawrenceburg
931-380-2563

Jackson
731-423-5620

Memphis
901-528-5284

TN Department of Human Services

The Department's mission is to build strong families by connecting Tennesseans to employment, education and support services.

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TN Department of Human Services

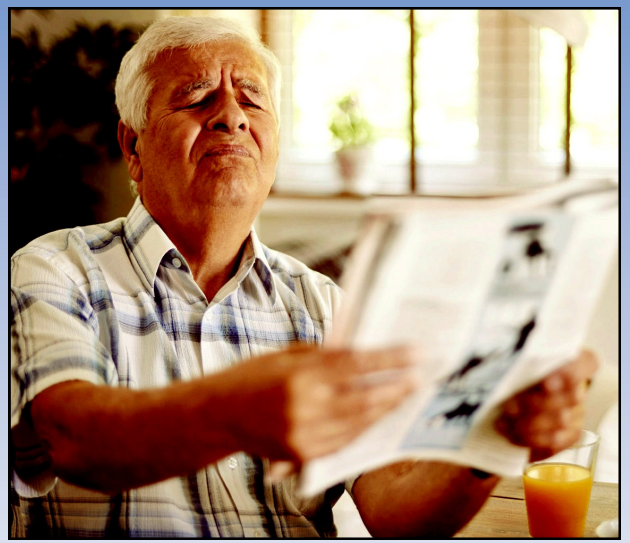
Services for the Blind and Visually Impaired

Independent Living Program

Your Partner to Personal Independence

Problems reading the newspaper or using the microwave due to your vision loss?

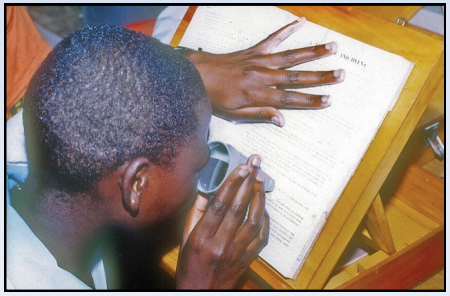
<u>You may be eligible!</u>



You may be eligible for Independent Living Program services if you are:

- **A Tennessee resident; and**
- **Find it difficult to remain independent due to a significant visual impairment**

Rehabilitation Teachers provide training in aspects of communication and daily living skills. Training may include – and is not limited to – adaptive techniques used for cooking, money identification/management, introduction of braille, and proper use of magnification, color, contrast and lighting.



All services are customized to meet the individual's needs and may include:

- **Functional Low Vision Evaluations** to explore magnifiers, filters, etc.
- **Instruction in Communication Skills** such as telling time, telephoning, using recording devices, accessing books in alternative formats, etc.
- **Instruction in Self Care Skills**
- **Adaptive Kitchen Skills** such as techniques preparing foods
- **Home Management Training** such as adaptive cleaning skills
- **Instruction in Leisure Activities**
- **Orientation and Mobility Services** such as traveling safely and independently indoors and outdoors
- **Information and Referral**
- **Guidance and Counseling**