

Handout for “Establishing Support Groups” Webinar March 2024

Resources

Summary of strategies for starting vision loss support groups:

<https://aphconnectcenter.org/visionaware/living-with-blindness-or-low-vision/adjusting-to-blindness-low-vision/support-groups/tips-and-strategies-for-starting-a-support-group-for-the-blind-and-visually-impaired/>

Read more about the role of vision loss support groups and the adjustment process:

<https://aphconnectcenter.org/visionaware/living-with-blindness-or-low-vision/adjusting-to-blindness-low-vision/support-groups/support-groups-and-the-adjustment-process/>

Vision Exchange Listserv for Vision Loss Support Group Leaders. Resources for group attendees and connection with other support group leaders. Monthly postings of resources from Second Sense. The website has other resources specifically for support group leaders:

<https://www.second-sense.org/low-vision-support-group-leaders/low-vision-support-group-leaders/>

Free download of manual: Starting and Maintaining a Vibrant Vision Loss Support Group

<https://www.second-sense.org/wp-content/uploads/2015/05/Starting-and-Maintaining-a-Vibrant-Vision-Loss-Support-Group.pdf>

Not specific to vision loss but the website has free webinars with advice on starting support groups:

<https://groupeersupport.org/>

Video on human guide with adaptations on the standard technique to accommodate different physical needs such as using an alternate grip and/or use of devices such as a rollator or walker. This was originally produced for working with adults with vision loss and a developmental disability, but the same adaptations may apply to older adults in some cases.

<https://www.focusonvisionandvisionloss.org/lets-walk-together.html>

Virtual Support Groups of Special Interest

Tele-support groups divided into different age categories:

<https://lighthouseguild.org/support-services/telesupport-groups/>

Professionals with Vision Loss Virtual Support Group – Peer led:

<https://chicagolighthouse.org/professionals-with-vision-loss-support-group/>

A variety of activity themed or topic-based discussion groups:

<https://hadleyhelps.org/discussion-groups>

Virtual Support Group for Caregivers of Adults with Developmental Disability and Vision Impairment.

<https://www.focusonvisionandvisionloss.org/vision-loss-support-groups.html>