

Helpful Resources

A compiled list of helpful resources is provided below. To access the links to each resource, please scan the QR code below.



Services

1. [National Library Service \(NLS\)](#) is a free braille and talking book library service for people with temporary or permanent low vision, blindness, or a physical disability that prevents them from reading or holding the printed page. NLS circulates books and magazines in braille, large print, or audio formats through a national network of cooperating libraries, delivered by postage-free mail or instantly downloadable. Call Toll-free: 1-800-424-8567 or visit [National Library Service \(NLS\)](#) for more information.
2. [Apple](#) provides support for Mac computers and users of iPhone and iPad accessibility products. You can reach them via email at accessibility@apple.com. In the US, you can also reach them by phone from 8 a.m.- 8 p.m. at (877) 204-3930.
3. [Hadley Institute for the Blind](#) – online courses and discussion groups. Call (847) 446-8111
4. [NFB-NEWSLINE](#) is a free audio news service for anyone who is blind, low-vision, deafblind, or otherwise print-disabled that offers

access to more than 500 publications, emergency weather alerts, job listings, and more. (888) 882-1629.

5. [Well Connected](#) is a phone-based outreach community for isolated, homebound seniors and visually impaired and disabled adults. Enrichment, entertainment, encouragement, and support groups are offered over the phone at no cost. Support groups are offered for blind and low vision, grief, diabetes, chronic pain, and more. (877)797-7299.
6. [GoGo Grandparent](#) is a company that connects people with ride-sharing programs like Uber and Lyft. It allows people who are not able or comfortable with using a smartphone themselves to request a ride. The person sets up an account with GoGo Grandparent and then calls the customer service number to request rides. The cost is minimal, and they can set up notifications to a family member or caregiver for an additional safety precaution. (855) 464-6872 or (855) GOGO-USA

Consumer Organizations

1. [American Council of the Blind](#)- is a nonprofit organization working to increase the independence, security, equality of opportunity, and quality of life for all blind and visually impaired people. Phone: (202) 467-5081.
2. The [Blinded Veterans Association](#) (BVA) supports Blinded Veterans with Veterans Assistance Programs. They offer a range of veteran assistance programs that are available to any veteran whether they are a member of BVA or not. They provide support for veterans through funding, advocacy, and assistance with navigating the Department of Veterans Affairs claims processes to ensure seamless integration. Phone: (202) 371-8880
3. [National Federation of the Blind](#) is a national, voluntary, non-profit organization dedicated to providing information and support to

individuals who are blind, their families, and professionals, ensuring complete integration of the blind into society. Phone: (401) 659-9314

4. [National Organization for Albinism and Hypopigmentation](#) is a nonprofit organization providing accurate information and support for people with albinism and their families.

Products

1. [Blind Mice Mart](#) – sells adaptive aids and products. Also hosts a collection of descriptive movies and the “Cooking in the Dark” podcast.
2. [Click Rule](#) - for accurate tactile measuring, typically used by vision impaired woodworkers
3. [Enhanced Vision](#) – Sells a variety of video magnifiers, also known as CCTVs.
4. [eSight Eyewear](#)
5. [Humanware](#) sells various video magnifiers, also called CCTVs, the Victor Stream, a specialized MP3 player and recorder, and refreshable braille devices.
6. iBill - for identification of US paper currency is provided for free by the [National Library Service](#)
7. [Independent Living Aids](#) is an online store that sells products for people who are blind or visually impaired. Phone: (800) 537-2118
8. [LS&S Products](#) specializes in products for the blind, visually impaired, deaf, and hard of hearing. Here you will find a great collection of low vision aids, hearing helpers, daily living aids, and information designed to help you or a loved one regain independence.
9. [MaxiAids](#) is a company that specializes in products for people with disabilities. Many of the products described in our courses can be purchase through the online store or by phone. Phone: (800) 522-6294
10. [NuEyes](#) – magnification and Ai glasses for individuals with visual impairments and the medical community.
11. NVDA - [NV Access](#)- free screen reading software for Windows computers.

12. [PENfriend](#) – audio labeling system for recording customized audio labels.
13. [ScriptTalk](#), a ScripTalk station or app, is available for free and can read aloud prescription labels.
14. [Vispero](#)- sells adaptive software, video magnifiers, also known as CCTVs, and refreshable braille devices.
15. [WayAround](#) is a labeling and identification product for people with visual impairments. It connects WayTags to an app on a smartphone to record audio labels for clothes, documents, food, and other items.

Apps

1. [Seeing AI](#) is a free app for iPhones and iPads, which converts text and images to speech. It can read typed text, handwriting, barcodes, money, color, and identify people by facial recognition.
2. [Envision AI](#) is an app for iPhones and Android, which converts text and images to speech. It requires a paid subscription but offers a free trial. It has many of the same features as Seeing AI and is a good option for Android phones.
3. [Be My Eyes](#) is a free smartphone app that connects blind or visually impaired people to a volunteer to assist with reading or identification tasks.
4. [Aira](#) is an app that links visually impaired customers with a trained representative to assist with tasks remotely. Although some locations/businesses/tasks have been prepaid for customers of the business or product to use this service, it requires a paid subscription.
5. [Meta Glasses](#) by Ray-Ban offers AI text reading, description, and face recognition features through Meta AI, a conversational assistant that you can prompt by simply saying, “Hey, Meta.”
6. [BARD](#)- The Braille and Audio Reading Download website and app allow users of the National library service to access books independently. The app is available for a variety of devices. The website can be used to search for and download books, accessed on

the talking book player, a refreshable braille device, or a specialized audio player.

Recreation and Leisure

1. [American Blind Bowling Association, Inc.](#)
2. [Appalachian Mountain Club](#)
3. [Audubon Society](#)
4. [Blind Alive](#)
5. [Blind Golf](#)
6. [Blind Outdoor Leisure Development \(BOLD\)](#)
7. [The National Beep Baseball Association](#)
8. [National Park Service](#)
9. [Open Book](#)
10. [Ski for Light](#)
11. [United States Association of Blind Athletes](#)
12. [Wilderness Inquiry](#)
13. [Woodworking for the Blind, Inc.](#)

Helpful Information

1. [Independent Living for Older Individuals who are Blind Technical Assistance Center \(IL OIB-TAC\)](#) - a grant-funded center that provides technical assistance and information and referral services. Visit their website to find services in your local area.
2. [Lions Clubs](#)- This service organization has as one of its focuses blindness and low vision. Some clubs may help residents to purchase assistive technology, medical treatment, or services.
3. [APH Connect Center](#) is a website hosted by the American Printing House for the Blind for adults new to vision loss. Find services, resources, support, devices, and information. The main sections include Eye Conditions, Emotional Support, Everyday Living, Working



Older Individuals who are Blind
Technical Assistance Center

WWW.OIB-TAC.ORG



ON BLINDNESS & LOW VISION



BLIND.MSSTATE.EDU

Life For Seniors, and more. It also has a national directory of services for the blind and visually impaired.

4. [AFB AccessWorld](#) is an online publication that provides news and reviews of products and services. [AFB AccessWorld](#) is an excellent place to look for information on the accessibility of appliances and mainstream products.
5. [AFB 2020 Senior Solutions](#)-this article provides several low-tech options for basic home tasks.
6. [An Overview of Home Appliance Accessibility](#)- this article is an example of the product reviews available from AccessWorld. Be sure to use the most up-to-date version.
7. [Making Voice Assistance Smart for Seniors](#)- this article describes how seniors can use smart home devices with visual impairments.