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## Remote VRT Services Template

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### **Health Management - Medications**

1. Consider medication resources (pill pack; script reader; large print labels through a pharmacy; medication minder; labeling medications).
2. Use low vision aids to read medication name, dosage, expiration date, and how many refills left.
3. Practice opening and closing medication bottles; labeling to identify meds; setting medication schedule time and alarm on a phone or smart home device.
4. Discuss talking aids for blood pressure, oximeter, scale (weight management), diabetes management (glucometer).

### **Personal Grooming**

1. Teach closet organization and labeling clothing by color.
2. Review tactile identification identifiers.
3. Teach how to use a color reader.
4. Consider clothing care
  - a. Separating/laundrying
  - b. Organization and labeling of laundry supplies
  - c. Labeling of washer/dryer settings.
5. Consider bathroom care (hair, nail, oral, etc.)
  - a. Review bathroom countertop organization for locating supplies.
  - b. Review tub/shower organization for locating supplies.
  - c. Teach waterproof label for ease of identification and use.

### **Meal Preparation**

1. Kitchen Organizations
  - a. Use of location and trailing along countertops to locate appliances, sink, wastebasket, drawers, and cabinets in the kitchen.
  - b. Review label system of canned goods/spices
  - c. Review identification of food by touch, size, smell, and location.



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- d. Set-up of bump dots on the microwave, stove, oven (manual), or listening for audible settings (digital) to set temperature.
2. Kitchen Safety
  - a. Cold set-up of skillet on stovetop burner; cold set-up of the oven.
  - b. Use of oven glove and potholders.
  - c. Use of knife guard, vegetable pick, safe touch can opener, liquid indicator, and adapted techniques.
3. Food Preparation
  - a. Use of Door Dash/ezCater/Grubhub for restaurant, Instacart/Walmart for grocery delivery, and access to foodbank resources for clients in need.
  - b. Stirring, measuring, and pouring.
  - c. Teach how to chop, cut, slice, and peel foods (with caregiver present).
  - d. Microwave, stovetop, and oven prep of foods (with caregiver present).
4. Dining
  - a. Location of tableware (plate, utensils, and cup).
  - b. Curled finger technique to locate plate, items on a table, etc.
  - c. Clock orientation of food on a plate.
  - d. Moving food towards the center of the plate when eating instead of towards the plate edge.
  - e. Cutting food on a plate.
  - f. Spreading.
  - g. Spoon and fork load to decrease spillage.

### **Financial Management – Money Identification**

1. Money folding techniques.
2. Wallet organization.
3. Money reader.
4. Check writing (use of large-print checks, check template, and low vision aids when writing).
5. Credit/debit cards techniques for reporting card number, expiration date, and security code.



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### **Using the Telephone**

1. Inputting numbers, retrieving calls, retrieving messages, and charging a cell phone.
2. Landline phone adaptations.
3. Cell phone accessibility adaptations.
4. Use of speed dial, favorites function, and using the phone address book.

### **Reading/TV access**

1. Use of remote control; tactile label on remote for most-watched channels.
2. Use of low vision aids to read mail, magazines, books, and labels/prices (CCTV, half eye readers, handheld magnifiers).
3. Review of reading resources for the client (GLASS-digital audiobooks, audio Bible, large print Bible).

### **Writing**

1. Legibly writing signature using a template.
2. Legibly writing a list using a template.
3. Legibly writing a short note using a template.

### **Functional Mobility in the Home**

1. Adjust to changes in walking surface; trailing; location sense; clutter-free pathways and lighting.
2. Avoiding collisions and tripping—clutter-free pathways.

### **Time Management**

1. Consider talking clock/wristwatch
2. Consider using smart home devices or smartphone to record schedule, tell time, and notify of temperature

### **Household Organization/Housecleaning**

1. Consider placement and labeling of cleaning supplies.
2. Use pattern method for wiping countertops/dusting, sweeping, vacuuming, and mopping.



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## **Leisure**

1. Review of current and past leisure interests. What is the client continuing to do, and what has been given up since vision loss?
2. Consider visual adaptations for engagement
  - a. Use CCTV for crafts;
  - b. Location, labeling, and tactile placement of materials
  - c. Braille or large print cards and games).