

A RESOURCE GUIDE FOR INDIVIDUALS WITH A VISUAL IMPAIRMENT



Compiled by
Pam Haus, Vision Rehabilitation Specialist
September 2022



A service of North Dakota Vision Services/School for the Blind

**NDVS/SB is a Division of the Department of Public Instruction
Kirsten Baesler, State Superintendent**

NDVS/SB does not discriminate based on race, color, national origin, sex, age, or disability in employment or provision of services

This booklet provides lists of:

- I. General information or referral services**
- II. Recorded or large print materials**
- III. Optical and illumination devices**
- IV. Diabetes information**
- V. Sports & Recreation**
- VI. Support Groups**
- VII. Instructional Videos**

***Telephone numbers and Internet web addresses are provided for a variety of resources available for the person with diabetes and vision loss.**

***This resource is by no means complete as updates and new resources become available continually.**

I. General Information/ Referral Services/Support Services

North Dakota Vision Services/School for the Blind

NDVS/SB functions as a statewide comprehensive resource working cooperatively with related agencies in providing a full range of services to persons of all ages who are blind or visual impaired, including those with additional disabilities.

(701) 795-2700 or 1-800-421-1181

www.ndvisionservices.com

North Dakota Dept of Human Services

Independent Living Services for **Older Individuals who are Blind**. This program is available to ND residents who are 55 and older and are experiencing vision loss. OIB's goal is to assist individuals and improve their independence in their homes and communities. OIB may find other programs that may benefit an individual which may include property tax exemption, income tax deduction, Talking Books, and Free Matter for the Blind.

1-888-862-7342 (Bismarck, ND)

www.nd.gov/humanservices/services/disabilities/vs.html

American Academy of Ophthalmology

The American Academy of Ophthalmology is the largest national membership association of Eye M.D.s. Eye M.D.s are ophthalmologists, medical doctors who provide comprehensive eye care, including medical, surgical and optical care. More than 90 percent of practicing U.S. Eye M.D.s are Academy members, and the Academy has more than 7,000 international members.

The American Academy of Ophthalmology is to advance the lifelong learning and professional interests of ophthalmologists (Eye M.D.s) to ensure that the public can obtain the best possible eye care.

415-561-8500

www.aao.org

American Council of the Blind

The Council strives to improve the well-being of all blind and visually impaired people by: serving as a representative national organization of blind people; elevating the social, economic and cultural levels of blind people; improving educational and rehabilitation facilities and opportunities; cooperating with the public and private institutions and organizations concerned with blind services; encouraging and assisting all blind persons to develop their abilities and conducting a public education program to promote greater understanding of blindness and the capabilities of blind people.

1-800-424-8666

www.acb.org

American Optometric Association

AOA are centered on improving the quality and availability of eye and vision care.

800-365-2219 (St. Louis, MO)

<https://www.aoa.org/>

EyeCare America

EyeCare America offers two eye care programs for which individuals may qualify. EyeCare has more than 5,000 volunteer ophthalmologists. **The Seniors Program** and **The Glaucoma Program**. Check out the website for eligibility requirements.

1-800-222-3937

<https://www.aao.org/eyecare-america>

Lighthouse International

Lighthouse International is a leading non-profit organization that helps people of all ages who are at risk for, or are experiencing, vision loss. We provide services, research and education, and advocate to help people with low vision and blindness live safe, independent, and productive lives.

800-284-4422

www.lighthouse.org

National Eye Institute Information Office

The National Eye Institute conducts and supports research that helps prevent and treat eye diseases

and other disorders of vision. This research leads to sight-saving treatments, reduces visual impairment and blindness, and improves the quality of life for people of all ages. NEI-supported research has advanced our knowledge of how the visual system functions in health and disease.

(301) 496-5248

www.nei.nih.gov

National Federation for the Blind

Diabetes Action Network

The NFB improves blind people's lives through advocacy, education, research, technology, and programs encouraging independence and self-confidence.

(410) 659-9314

<https://nfb.org/>

II. Recorded or large print materials

North Dakota State Talking Book Library

North Dakota State Library allows 20 items per patron to be checked out. The length of the check out time is as follows. Large Print 8 Weeks, STEM Kits 8 Weeks, Audio Books 4 Weeks, Books 4 Weeks, CDs 4 Weeks, DVDs 4 Weeks, Magazines & Journals 4 Weeks, Video Cassettes 4 Weeks

1-800-472-2104 (within North Dakota)

<http://www.library.nd.gov/>

American Printing House for the Blind

The American Printing House for the Blind promotes independence of blind and visually impaired persons by providing specialized materials, products, and services needed for education and life. The American Printing House for the Blind manufacture's textbooks and other educational publications for students who are visually impaired. APH also provides publications useful to adults, such as cookbooks and dictionaries. In addition, APH creates recorded books on a contract basis.

1-800-223-1839

www.aph.org

VisionLink

VisionLink promotes self-esteem, independence, and self determination in people who are blind or visually impaired. VisionLink accomplishes this by providing support through education, training, and resources, as well as through community action and public education, serving as a voice and advocate for the rights of all people who are blind or visually impaired.

(215) 627-0600

<https://www.visionlinkphl.org>

Blindskills, Inc

Blindskills, Inc. disseminates resources and information to blind and visually impaired people and their families. This is accomplished through its toll-free help line, website and a bi-monthly

publication, DIALOGUE: A World of ideas for Visually Impaired People of All Ages, available in five formats.

1-800-860-4224

www.blindskills.com

Books on Tape

Books on Tape is a website where you can choose from many audiobooks to purchase.

1-800-626-3333

www.booksontape.com

Braille Circulating Library

A circulating library of religious materials including missionary biographies, devotionals, Bible studies, doctrinal materials and music available in digital and on cassette for 6-week loan to those who are print disabled. Also includes special resources for children and youth and some materials in Spanish.

(804) 359-3743

www.careministries.org

Choice Magazine Listening

Choice Magazine Listening selects and records memorable writing from approximately 100 leading magazines. Every other month, this unique, free service offers its subscribers a 12-hour issue of outstanding unabridged articles, fiction and poetry read by professional audiobook narrators. Options available to listen to Choice

Magazines include the Talking-book Machines or you can download and listen through your computer. A digital talking book player is provided free of charge through the National Library Service. The talking book program is available to those who are unable to read because of visual or physical handicap.

1-888-724-6423

www.choicemagazinelistening.org

Christian Record Services, Inc

Christian Record Services provides free Christian publications and programs for people with visual impairments.

(402) 488-0981

www.ChristianRecord.org

JBI International

The JBI Library provides the visually impaired, blind, physically handicapped and reading disabled of all backgrounds and ages with books, magazines, and cultural programs in Audio (in 7 languages), in Large Print and in Braille. The JBI Library provides its readers with a collection ranging from mystery novels to cookbooks to timely topics such as the production of biological weapons. It also offers a broad spectrum of fiction, biography, history, Holocaust studies, short stories, psychology and self-help, memoirs, humor and more.

1-800-433-1531

www.jbilibrary.org

Library of Congress

Library of Congress makes resources available and useful to the Congress and the American people and to sustain and preserve a universal collection of knowledge and creativity for future generations.

1-888-657-7323

www.loc.gov/nls

III. Optical & Illumination Devices

“The Store” @ NDVS/SB

The goal of “The Store” located within North Dakota Vision Services/School for the Blind is to provide persons who are blind or visually impaired access to a sampling of low vision aids that they may need for daily living and for enjoyment. The hope is to bridge that difficult first step in selecting low-vision aids. A catalog of the items is available and phone orders are welcome.

1-800-421-1181

<https://www.ndvisionservices.com/services/store>

American Printing House F/T Blind

“APH is the world’s largest source for adapted educational and daily living products – since 1858”.

1-800-233-1839

www.aph.org

Computers for the Blind-Texas

Computers are donated and refurbished with accessibility software installed. There is no age or ability restrictions. For information regarding price and to apply click the following link:

<https://computersfortheblind.org/application/>

Or call 214-340-6328 with questions or for assistance in ordering.

Ears for Eyes

Enrichment Audio Resource Services (E.A.R.S.) is a nonprofit public charity. We provide, free of charge, audio lessons that teach adaptive daily living skills to the vision impaired and their caregivers. The lessons, modeled after current blind rehabilitation techniques, are a must for anyone coping with loss of eyesight. We are committed to teaching, each of the 1 out of 6 seniors who have developed limited vision, the skills necessary to continue living their lives with confidence and dignity.

1-800-843-6816

Email: tom@earsforeyes.org

www.earsforeyes.org

Eschenbach Optik of America, Inc

Eschenbach Optik of America offers the highest quality of low vision aid products using magnifiers, telescopes, sun filters, binoculars, and electronic reading devices. Our mission is: *To*

provide our customers with vision-enhancing products that improve their safety, productivity, independence, and quality of life.

1-800-487-5389

www.eschenbach.com

Freedom Scientific

Our mission is to develop, manufacture, and market technology-based products that provide equal access to information and computing for those with vision impairments or learning disabilities.

1-800-444-4443

www.freedomscientific.com

Humanware

HumanWare products are designed to last, to grow (and in many cases, to go) with the user. Giving them the independence to compete effectively with peers, to feel connected - to be a vital part of the global information age in which we live.

1-800-722-3393

www.humanware.com

Independent Living Aids, Inc

Stay active and make your life easier with our superb selection of specially adapted low vision aids, tools and technology. We carry everything for the blind and visually impaired including canes, magnifiers, talking watches, talking clocks, large print books, ZoomText magnification software, Braille products, talking cooking gadgets

and much, much more. Order easily through our online store and our low vision products will be conveniently delivered right to your door.

1-800-537-2118

www.independentliving.com

Kurzweil Educational Systems, Inc

Kurzweil Education offers learners multisensory approaches to reading, comprehend, synthesize, apply and demonstrate their knowledge. Kurzweil 3000 software integrates with technology in turn allowing daily tasks to be more manageable.

1-800-894-5374

www.kurzweiledu.com

Lighthouse Center for Vital Living

Shop for tools that enhance work environment, home, and for leisure for individuals with vision loss. Products are designed to make everyday tasks simpler.

218-624-4479

Email: store@lcfvl.org

<https://www.lcfvl.org/store>

Lions Foundation Magnification Program

The program is available to residents of ND at least 8 months out of the year that may benefit from the use of a Video Magnifier. This program requires an application, lease for the machine is \$20 a month with a \$50 non-refundable deposit. For more information or to fill out an application for the program click <https://ndab.org/home->

[2/advocate/lions-foundation-magnification-program/](https://www.lionsfoundation.org/advocate/magnification-program/)

Contact: Dennis Friesz dmfriesz@midco.net

Applications can be obtained, through eye professionals, ND Vocational Rehabilitation, NDVS/SB, ND Associations for the Blind, and ND Lions.

LS & S GROUP

LS&S specializes in products for the blind, visually impaired, deaf, and hard of hearing. You will find a great collection of low vision aids, hearing helpers, daily living aids, products for independence, resources, and information designed to help you regain independence for yourself or a loved one in your life. Adjusting to life-altering changes can be difficult. In the case of vision or hearing loss, LS&S can help you find useful products that can make a difference in your life.

1-800-468-4789

www.lssproducts.com

MaxiAids

Maxi-Aids is happy and proud to present our online catalog, which is filled with over 4,000 items and has been designed specifically for your special needs. Our dedicated staff of professionals has devoted a great deal of time and effort in bringing you what is the most complete and comprehensive online product catalog of its kind. We hope that you will find it informative,

interesting, and easy to read. We understand our customers because we have many of the same needs you do. Maxi-Aids is owned and operated by individuals who are Deaf, blind, and autistic. We also hold on-site training workshops for the blind in conjunction with certain organizations, offering the blind marketable skills that they can use to attain gainful employment.

1-800-522-6294

www.maxiaids.com

Minnesota Low Vision Store

Carries the most advanced technology and reading aids in all price ranges. Provides adaptive equipment for the workplace, school, and everyday living. We recommend that you call and consult with our staff to find the right product for you.

1-800-871-8780

[Low Vision Store-Vision Impairment, Talking and Large Print Items \(thelowvisionstore.com\)](http://thelowvisionstore.com)

Optelec Magnifiers & Low Vision:

Optelec produces a variety of Low Vision Solutions for those living with Macular Degeneration, Glaucoma, Diabetic Retinopathy, and other eye conditions. Optelec offers awareness to optical, daily living aids, video magnification, and speech solutions. Don't let Low Vision keep you from enjoying the things you love in life.

1-800-444-4443

Email: info@optelec.com

www.optelec.com

Telesensory Corporation

Our commitment is to help people with low vision enjoy independent access to information, enabling them to stay active in their work, school, and community and to improve their quality of life. We will actively listen to our customers' wants and needs and satisfy those needs through development of innovative products and services that assist our customers from initial diagnosis through advanced stages of vision loss. Our superior products enable people with low vision to read again.

1-800-804-8004

www.telesensory.org

IV. Diabetic Information

American Diabetes Association

The American Diabetes Association funds research, publishes scientific findings, provides information and other services to people with diabetes, their families, health professionals and the public.

1-800-342-2383

www.diabetes.org

Blinded Veterans Association

If you are a blind or visually impaired veteran, if you are a relative or a friend or if you just want to

get involved, write, email or give us a call. We are the **Blinded Veterans Association (BVA)**, an organization specifically established to promote the welfare of blinded veterans. We are here to help veterans and their families meet the challenges of blindness.

1-844-250-5180

www.bva.org

Council of Citizens with Low Vision International

The Council of Citizens with Low Vision International is to establish the right of persons with low vision to make full use of their vision through all available aids, services, and technology: To provide a mechanism through which low vision people can express their individual needs, interests, and preferences. To educate the public, professionals, and low vision people themselves as to the potentialities, capabilities, and needs of low vision people. To establish outreach programs to ensure that all individuals with low vision have access to necessary services. To promote research to prevent blindness, improve maximum utilization of sight, and improve environmental conditions and access for low vision people. To support the development of and expansion of pre-service and in-service training programs to improve the quality and quantity of medical and rehabilitative low vision services.

1-844-460-0625

<https://cclvi.info/>

EyeCare America Senior Eye Care Program

EyeCare America's mission is to reduce avoidable blindness and severe visual impairment by raising awareness about eye disease and care, providing **free** eye health educational materials, and facilitating access to medical eye care.

1-877-887-6327

<https://www.aao.org/eyecare-america>

Hadley

Hadley offers help, connections, and support free of charge to individuals with vision loss, families, and team members. Courses, discussion groups, workshops, podcasts are offered in Daily Living, adjusting to vision loss, Recreation, Technology, Braille and Employment. You can study in the comfort of your own home at a time convenient for you. Course materials arrive in the mail or online and for students in the U.S. and Canada, instructors are just a toll-free call away.

1-800-323-4238

Email: info@hadley.edu

www.hadley.edu

Lighthouse International

Lighthouse International helps people of all ages remain productive and independent through the unique synergy of our vision rehabilitation services, education, research, prevention and advocacy.

1-800-284-4422

<https://lighthouseguild.org/>

National Leadership Consortium in Sensory Disabilities

Per their website: “NLCSD’s primary purpose is to increase the number of highly skilled doctoral scholars who will become leaders in administration, higher education, policy and education in order to significantly improve the interventions, services, and outcomes for children with sensory disabilities (deafness/hard of hearing, deaf blindness, blindness/visual impairment), ages birth to 21. The consortium consists of multiple universities with doctoral programs that have an emphasis in one or more sensory impairment areas: blind/visually impaired, deaf/hard of hearing, and deaf blindness.”

1-800-562-6265

<http://www.nlcsdproject.org/>

National Federation of the Blind

The NFB improves blind people’s lives through advocacy, education, research, technology, and programs encouraging independence and self-confidence.

(410) 659-9314

Email: nfb@nfb.org

www.nfb.org

The Foundation Fighting Blindness

The Foundation Fighting Blindness, Inc. (FFB) is to drive the research that will provide preventions,

treatments and cures for people affected by retinitis pigmentosa (RP), macular degeneration, Usher syndrome, and the entire spectrum of retinal degenerative diseases.

1-800-683-5555

Email: info@FightBlindness.org

<https://www.fightingblindness.org/>

V. Sports & Recreation

American Blind Bowlers Association

ABBA is a non-profit organization that promotes individuals who are blind to participate in bowling activities. ABBA assists and supervises all participants and promotes blind bowling as an international sport.

<https://www.abba1951.com/>

Amtrak

Make reservations, check schedules, routes, and stations.

Phone: 1-800-872-7245

www.amtrak.com

NDAB Summer Camp

NDAB summer camp is a one-week program that is held annually at Elk's Camp Grassick which is near Dawson, ND. The summer camp offers individuals who are visually impaired to connect with other individuals, help with the process of adjusting to blindness and provides opportunities to learn new skills, techniques and participate in leisure activities.

For more information and eligibility requirements go to [Summer Camp - North Dakota Association of the Blind \(ndab.org\)](http://www.ndab.org/summer-camp)

Fall Sports & Rec Opportunity

The North Dakota Association of the Blind's Sports and Recreation Committee holds an annual retreat at Wesley Acres Retreat Center near Dazey, ND.

The event happens one weekend in September, exact weekend to be determined. The event will include leisure activities like hiking, yard games, and campfires. Participants will also get to try out a variety of blind sports like beep baseball, and go ziplining and on a high ropes course, weather permitting. Participants are required to bring their own personal items, including bedding, towels, and comfortable shoes. If you are a blind or low vision participant, the cost of the retreat will be covered. If you would like to bring a friend or family member to the event, NDAB will pay for half of their retreat fees. Fees are to be determined. Participants need to be at least 14 years of age to attend.

To register, please fill out the form at:

<https://ndab.org/recreation-retreat-registration/>

If you have any questions, please email the Sports and Recreation Committee's chairperson, Brant Adams, at brant@ndab.org

Ski for Light, Inc

Ski for Light is a program of cross-country skiing benefiting blind, visually impaired, and mobility-impaired individuals and their guides

(612) 827-3232

www.sfl.org

Black Hills Ski For Light:

[Black Hills Ski for Light \(https://bhsfl.org\)](https://bhsfl.org)

(605) 341-3626

Email: bhskiforlight@gmail.com

VI. Support Groups

North Dakota Association of the Blind

The North Dakota Association of the Blind (NDAB) is a statewide organization composed of individuals ages 14 and older who are blind and low vision plus our sighted family and friends.

There are several support groups that meet monthly across the state of ND. Below is a list of meeting times and who to contact for details.

*****Call the number of an individual listed below to locate one-on-one support for yourself or a family member who is seeking to learn more about living with sight loss. *****

NDAB Members:

Mickey Teubner ~ 701-701-204-2582-Bismarck/Mandan

Carol Schmitt ~ 701-662-3363---Devils Lake

Lexee Steffan ~ 701-260-8917---Dickinson

Ruth Phalen ~ 701-772-4546--Grand Forks

Mary Stip ~ 701-839-4138---Fargo

Vince Ulstad ~ 701-238-4251---Fargo
Paula Anundson ~ 701-490-0888 ---Valley City
Janelle Olson ~ 701-774-0021---Williston
Loris Van Berkom ~ 701-774-3399---Williston
www.ndab.org

Area Support Groups

Bismarck:

The Eat and Meet Group gather the third Wednesday of the month at various restaurants in the Bismarck-Mandan area at 6:30 PM
Contact: Mickey Teubner 701-204-2582
mickeyteubner@gmail.com

Low Vision Support Group meets at the Senior Center, 315 N. 20th St. the first Wednesday at 10 am. This group will be limited to 8 people. **Stop by the Administrative Office or call 701-255-4648 to register.**

Betsy Hermanson, Vision Specialist from ND VR will lead this group.

Fargo:

The Insight Support Group meets the second Saturday of the month (Sept. - May) at the Northport Branch Library, 2714 Broadway from 10:30 am until noon. Join us for coffee!
Contact: Allan Peterson 701-282-4644
Allan.peterson@ndsu.edu

The FM Vision Group meets the third Wednesday of the month 1 - 3 pm. Locations vary. Join our email list!

Contact: Vince Ulstad 701-238-4251

Grand Forks:

The Vision Loss Support Group meets the second Tuesday of the month (Sept - May) at the Senior Center 620 4th Ave S from 1-3 pm. Contact:

Pam Haus 701-795-2719 phaus@nd.gov

Tracy Wicken 701-795-2720 trwicken@nd.gov

Jamestown:

If interested in the Vision Support Group for this area contact: James River Senior Center, Maureen Wegenke 701-952-7900

jrsc@csicable.net

NDAB & NDVS/SB Zoom Support Sessions:

Tech Talk/Independence Tuesday. This group meets via Zoom on Tuesday afternoons at 3 pm.

Tech Talk focuses on tech-related merchandise, instruction of assistive technology and client led discussions.

Independence focuses on Daily Living Skills which include cooking, cleaning skills, sharing recipes, and techniques.

Coffee Chat topics vary weekly. This group meets via Zoom on Wednesday mornings at 10 am. The

Book Club meets via Zoom on the first Wednesday of the month at 10am and 7pm to share and discuss a book that has been selected by the group.

If interested in these groups, please email Trampes Brown to have your name added to the email list which will have the zoom link and upcoming discussion and join in the ones that interest you! Trampes@ndab.org

VII. Instructional Videos

ND Vision Services/School for the Blind - Golden Guide Videos

NDVS/SB: Here for You:
https://youtu.be/-artD_KLDz0

Welcome to The Store:
<https://youtu.be/FsTZ-oJE8xg>

Voice Over Basics: How to Turn Voice Over On & Off: <https://youtu.be/aElFRl0LDc8>

Magnifiers 101: Things to Consider When Shopping for a Magnifier:
<https://youtu.be/YbmA8VZ1uNk>

Magnifying Magnifiers; Determining the Style That's Right for You:

<https://youtu.be/md-lxgMCTmU>

Sweep Up a New Skill: Sweeping When Low Vision or Blind: <https://youtu.be/yUaa4d77Xp4>

O&M in the Winter:

https://youtu.be/XvOXpt_F4bQ

To view more Golden Guide Video, go to:
[Golden Guide Videos | North Dakota Vision Services \(ndvisionservices.com/golden-guides-videos\)](https://ndvisionservices.com/golden-guides-videos)

VIII. Accessibility Support Phone Lines

Apple Accessibility Support Line

Call 877-204-3930 for individuals who use Apple iPhone, iPad, iPod Touch, Apple watch, or Mac. This line is reserved for customers with vision, hearing, motor, and learning impairments. Senior AppleCare specialists are available 24/7 to help answer questions, resolve technical issues, and help get your Accessibility Setting right.

AT&T - National Center for Citizens with Disabilities (NCCD)

Call 866-241-6568

Wireless customers with vision loss get answers to questions about accessibility features and services available from AT&T

Comcast Accessibility:

866-668-6703 Direct line to dedicated team, specially trained to support customers who rely on accessibility services including voice guidance and video descriptions.

Google

Call an accessibility specialist at Google through the BeMyEyes app on a smartphone or tablet. Click the “Specialized help” button on the app’s home page, select Google in the Technical tab.

Google Technical Support: 855-971-9121 may (or may not) be able to help with accessibility questions, depends on the specialist you connect with.

HP Accessibility Support

Call 888-259-5707 Technical support for customers with accessibility needs, pertaining to HP (Hewlett Packard) products available from 6am to 9pm Mountain Time

Microsoft Disability Answer Desk

Contact: 800-936-5900 or the BeMyEyes app
The features you need to make your PC “vision friendly” are built right into Windows.

Spectrum Accessibility Support

Call 844-762-1301 for support to learn about and take advantage of Spectrum cable accessibility accommodations.

T-Mobile Accessibility

Call 833-428-1785 T-Mobile provides accessible support for wireless network service and billing inquiries.

Verizon Center for Customers with Disabilities

Call 800-974-6006

<http://verizon.com/disabilitites>

Free 411 for your home phone and for your mobile phone. Bills available in your choice; large print or digital. Assistance is available for anything that pertains to your home phone service.

Verizon Wireless National Accessibility Center

Call 888-262-1999 for customer service and technical support dedicated to helping people maximize the accessibility features built into all of Verizon's mobile devices. Assistance is available Monday - Friday 8 am - 9 pm EST. Have questions about enlarging your text, using voice commands effectively or using the screen reader on you phone these are just some of the questions that can be addressed by calling the number listed.

Vote.org

Call on BeMyEyes app or on the BME app go to the Specialized Help on the home page, then go to Civic Engagement, then select

[Everything You Need to Vote - Vote.org](#)

Get help, on your smartphone or tablet, registering to vote, checking your registration status, and requesting a mail-in ballot.