



While I was a student at Radcliffe College, a group of men and women formed an Association for rehabilitation of the adult blind in Massachusetts. That Association was an incandescent lamp in the life of blindness.

– Helen Keller, 1929 letter to the New York Times

Support for MABVI's programs is provided by the Massachusetts Commission for the Blind, the Memorial Foundation for the Blind, the Office of Jobs and Community Services for the City of Boston and many other individuals, foundations, and corporations. Federal financial support under the Older Americans Act furnished by Central MA Agency on Aging and Boston Commission on Affairs of the Elderly. MABVI is certified for Medicare, Medicaid and many private insurances.

MASSACHUSETTS ASSOCIATION
for the
Blind and Visually Impaired

200 Ivy Street
Brookline, MA 02446

799 West Boylston Street
Worcester, MA 01606

617-926-4232
800-852-3029
617-738-1247 fax

508-854-0700
888-613-2777
508 854-0733 fax

www.mabvi.org

www.facebook.com/mabvi @themabvi themabvi



The Massachusetts Association for the Blind and Visually Impaired is a program of MAB Community Services, an organization that has been creating opportunities for people with disabilities since 1903. Our experience allows us to forge strong community partnerships to meet the pressing need for high quality services and transform lives.

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Vision loss is real.
It's serious.
But it's manageable.

MASSACHUSETTS ASSOCIATION
for the
Blind and Visually Impaired
CONFIDENT LIVING WITH VISION LOSS



**You can still have
the life you want.**

The majority of people who lose their vision have lived most of their lives with sight. Dealing with uncorrectable vision loss can be devastating. Most people are concerned with everyday things like:

- Taking medications and following their doctor's orders
- Using a computer or telephone
- Reading books, newspapers, recipes and instructions
- Not being able to drive
- Cooking and being safe in the kitchen
- Going out with family and friends

Part of accepting vision loss is understanding that it's not the end of your life. It doesn't have to be as limiting as you might think. That's where we come in.

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Learning to live with vision loss in day-to-day life.

It starts with understanding each individual's situation, because everyone is different. MABVI's vision rehabilitation services help our patients learn to use their remaining sight or live confidently with no vision at all.

- Our **low vision clinics** and affiliated doctors specialize in magnification to help you learn to use your remaining vision.
- Our **occupational therapists** are experts in adaptive strategies for living safely and continuing to do all the activities you enjoy.
- Our **peer support groups** meet across the state. And we may be able to match you with **volunteer help** for reading mail or grocery shopping.

We work with patients in their own homes so they can learn in a place they know and at their own pace.

Taking the right first steps makes all the difference.



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We are here to help.

Founded in 1903 by Helen Keller and other illustrious Bostonians, we are the oldest organization serving blind and visually impaired adults in the country. We have the experience you need and partners you can trust. We'll help you, your family member, or your doctor through the referral process.

- Vision rehabilitation is covered by Medicare, MassHealth and most insurance companies.
- If you need help living confidently with vision loss, these are the numbers to call:
 - Eastern Massachusetts:
617-926-4232 or **800-852-3029**
 - Central and Western Massachusetts:
508-854-0700 or **888-613-2777**
- Doctors: visit www.mabvi.org for referral information.

Others have made the successful transition. You can too.



cataracts

"Glare and blurriness made it difficult for me to do things in my house. But I learned to adapt."



diabetic retinopathy

"Now I have a talking glucometer and the doctor gave me training on how to use a magnifier the right way."



macular degeneration

"I couldn't see the buttons on the microwave and remote control. MABVI marked them with raised dots so I can use them again."



glaucoma

"At the support group we share our experiences coping with limited vision. I've been part of it for so long that now I am the leader."



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