

# WHAT YOU WANT TO KNOW ABOUT BLINDNESS BUT AFRAID TO ASK

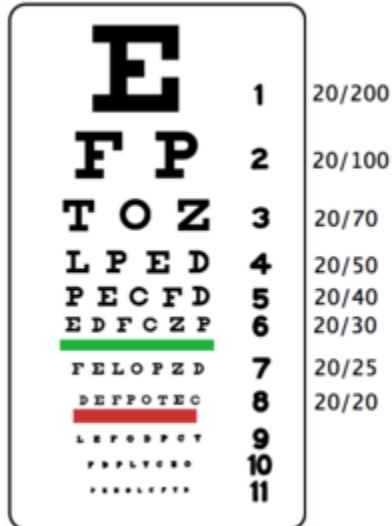
Presented by Ollie Lester

Thursday, June 16, 2016

# What You Want to Know About Blindness

- Definition of Blindness & Vision Impairment
- Some Common Eye Diseases
- Misconceptions and Stereotypes
- Activities – Questions/Answers

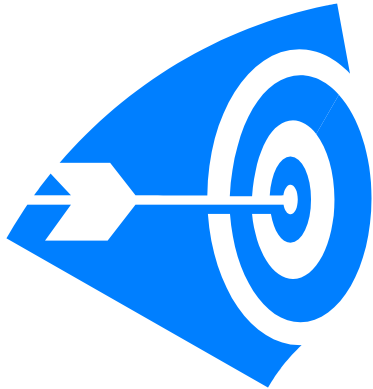
# Normal Vision



20/20

- Visual Acuity
- Visual Field
- Eye Examination

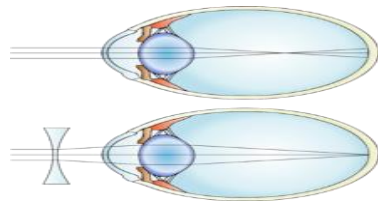
# Visually Impaired



- 20/70
- Sight not corrected with regular glasses or contacts

# Legal Blindness

- 20/200
- With Best Correction
- Field of less than 20 degrees.



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Hess Eyeglasses

# Low Vision Types

- Loss of central vision
- Loss of peripheral (side) vision
- Night blindness
- Blurred vision
- Hazy or Fuzzy vision

# Causes of Vision Loss

- Glaucoma
- Retinitis Pigmentosa
- Diabetes

# Glaucoma

- Fluid in the eye does not drain properly
- Increase pressure on the Optic Nerve
- No symptoms
- Second leading cause of blindness in the world
- Accounts for 9-12% of blindness in the United States



# Retinitis Pigmentosa

- Damage to the Retina
- Begins in childhood, lifelong
- Decrease night vision or in low light areas
- Loss of side vision (tunnel vision)

# Diabetes

- Blood sugar is too high
- Can lead to blindness, kidney failure, nerve damage, heart disease and strokes.
- More than 29 million case in America

# Stereotypes & Misconceptions

- All Blind or Visually Impaired person live in total darkness.
- All Blind people read Braille.
- We can recognize currency by touch.
- Are musically gifted

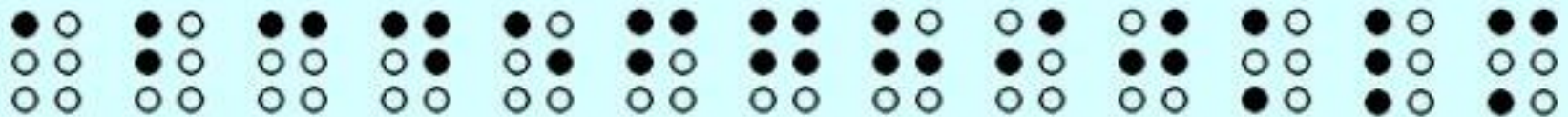
# Navigating My Community

Sighted (Human) Guide

Cane Use

Guide Dogs

Apps & Digital Resources

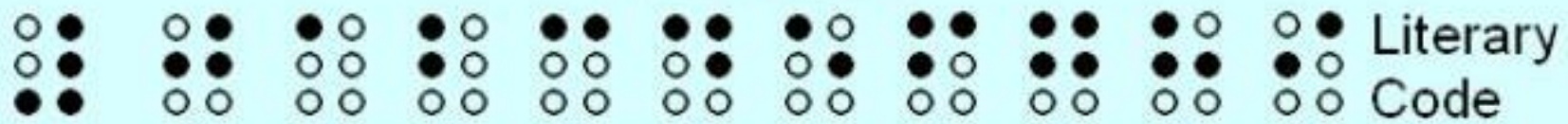


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n o p q r s t u v w x y z

### NUMBERS



# 0 1 2 3 4 5 6 7 8 9



## THE BRAILLE ALPHABET

Print this sentence.

# Questions and Comments

- Don't feel uncomfortable
- Ask any question, personal or professional

# You Should Know!

- How to talk to and assist a person who is blind.
- Be more aware of some causes of blindness.
- Leave with a deeper understanding and appreciation of the lifestyles of individuals who are blind.

# References

- The Glaucoma Research Foundation  
[www.glaucoma.org](http://www.glaucoma.org)
- American Diabetes Association Clinical Diabetes <https://clinical.diabetesjournals.org>
- Journal of Vision Impaired and Blindness, American Foundation for the Blind [www.afb.org](http://www.afb.org)



# Helpful Resources

- Mississippi Department of Rehabilitation Services  
[www.mdrs.ms.gov](http://www.mdrs.ms.gov); (800) 443-1000
- Mississippi School for the Blind [www.msb.k12.ms.us](http://www.msb.k12.ms.us) (601) 984-8200
- Mississippi Library Commission [www.mlc.lib.ms.us](http://www.mlc.lib.ms.us)  
(601) 432-4151
- Disability Rights Mississippi [www.disabilityrightsms.org](http://www.disabilityrightsms.org) (601) 968-0600
- Hadley Institute for the Blind [www.hadley.edu](http://www.hadley.edu) (800) 323-4238
- Accessible Product Catalogs: [www.independentliving.com](http://www.independentliving.com)  
[www.Lssproducts.com](http://www.Lssproducts.com) [www.maxiaids.com](http://www.maxiaids.com)
- Mississippi Department of Transportation [www.mdot.gov](http://www.mdot.gov)