

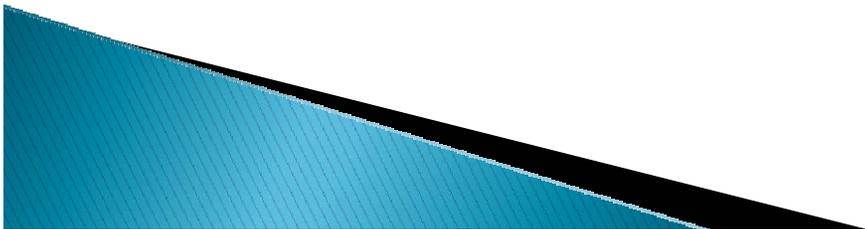


MIAMI  
LIGHTHOUSE

*Providing Hope, Confidence & Independence*

# *Overview of Personal Management Skills and Devices*

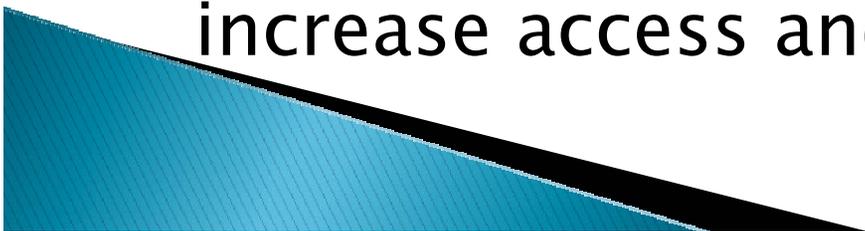
Raquel Van Der Biest, OTR/L



# Objectives

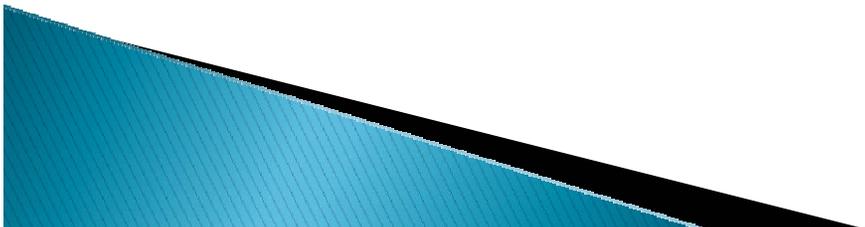
Upon completion of this presentation the attendees will:

- Understand some of the adaptive skills used with visually impaired clients to complete ADL's with increased independence.
- Understand how to use devices that increase participation in financial management.
- Understand how to use devices that increase access and retrieval of information.



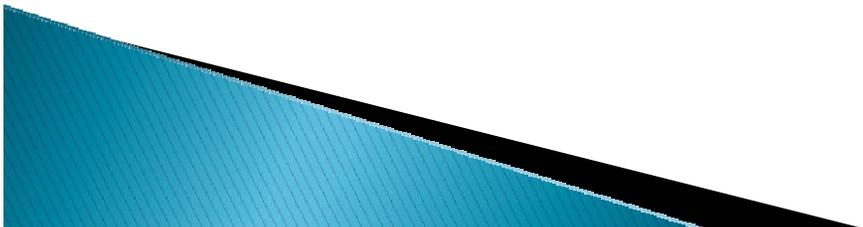
# Personal Management Skills/Devices

- Personal Care
  - Grooming
  - Clothes Selection
- Home Skills
  - Kitchen Safety
  - Meal Preparation
  - Grocery Shopping
  - Managing Finances
- Adaptive Devices for Home Use
- Organizational Skills and Strategies
  - Labeling
  - Marking



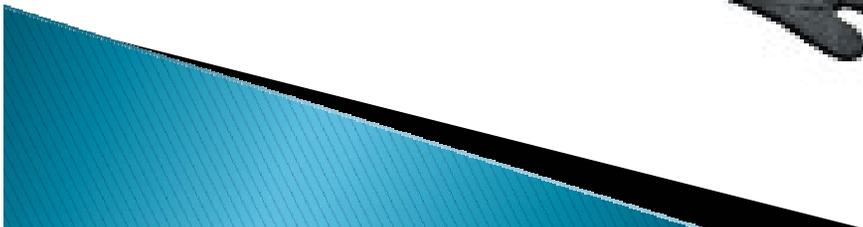
# Personal Care

- ▶ Grooming
- ▶ Clothing Selection



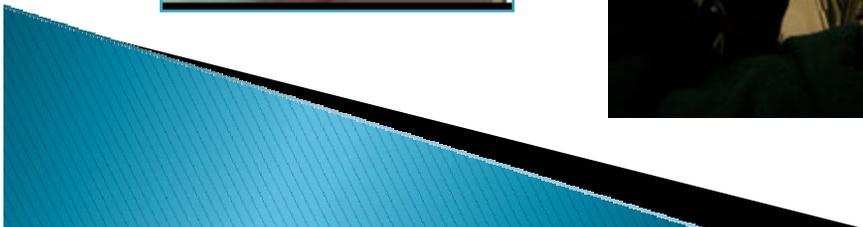
# Home Skills and Devices

- ▶ Kitchen Safety
- ▶ Meal Preparation

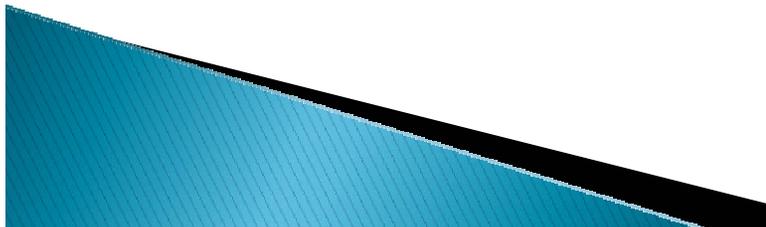


# Home Skills and Devices

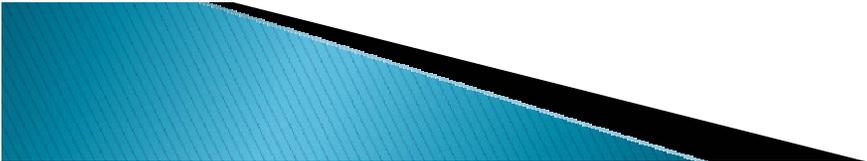
- ▶ Grocery Shopping
- ▶ Managing Finances



# Adaptive Devices for Home Use

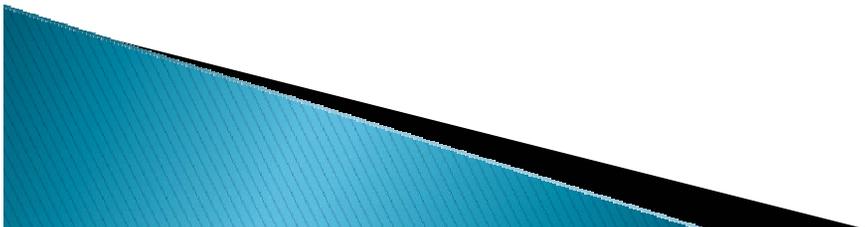


# Labeling and Marking



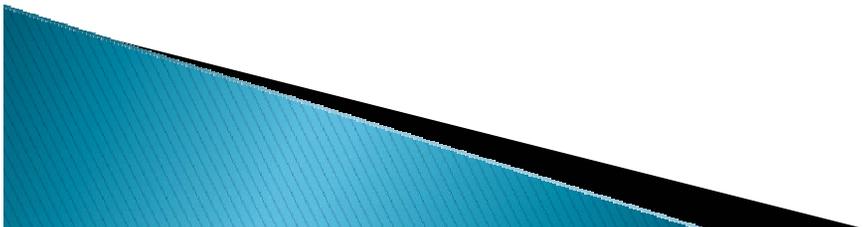
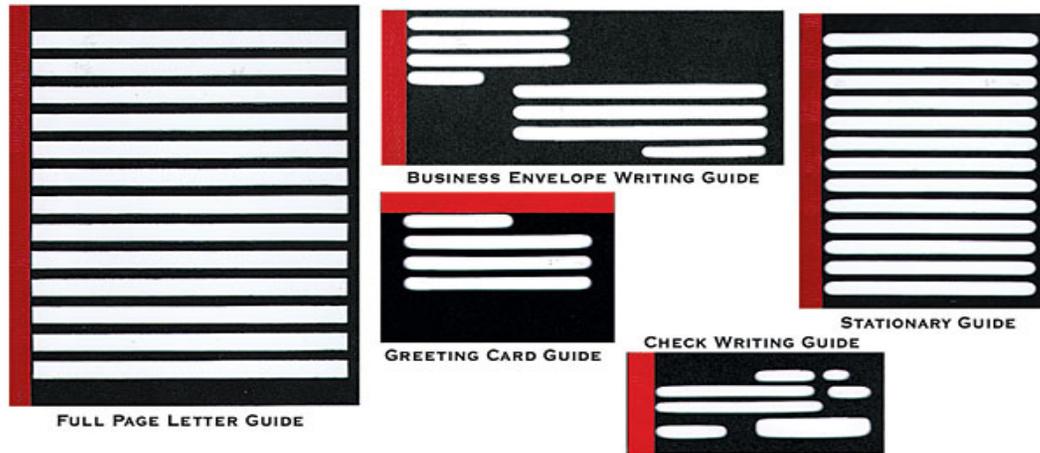
# Communication Devices

- Financial Management
  - Check Writing Guides
  - Talking Calculators



# Communication Devices

## ➤ Writing Guides



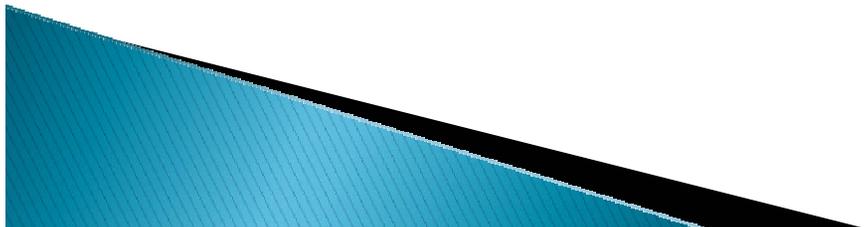
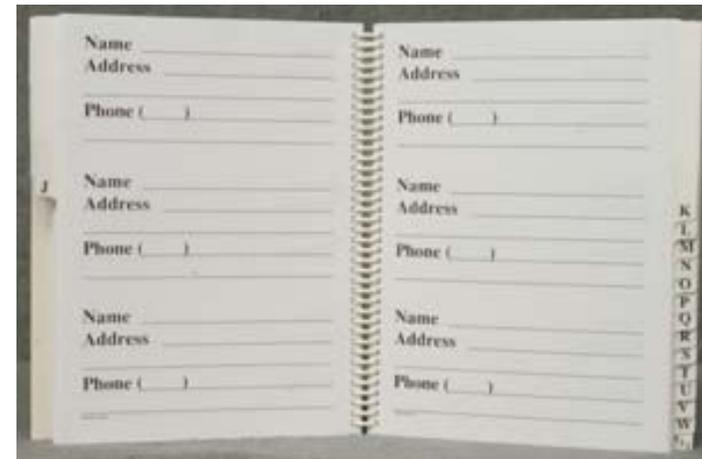
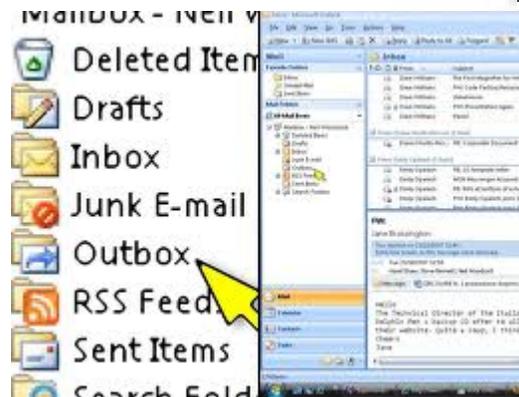
# Communication Devices

- ▶ Telling Time



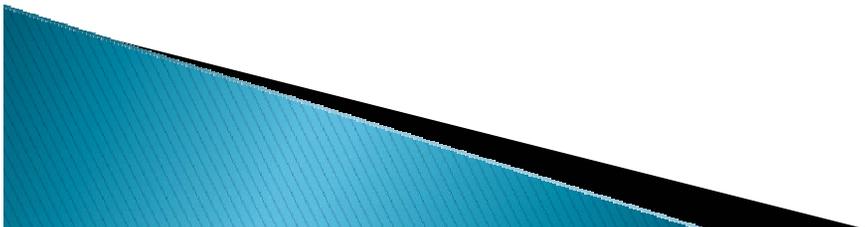
# Communication Devices

- ▶ Accessing Information
  - Large Print
  - Braille
  - Recording



# Resources

- ▶ American Foundation for the Blind: Grocery Shopping. <http://www.afb.org/seniorsite.asp?SectionID=66&TopicID=303&DocumentID=3739>
- ▶ American Foundation for the Blind: Product Search.  
<http://www.afb.org/prodMain.asp>
- ▶ Miami Lighthouse for the Blind:  
<http://www.miamilighthouse.org>



# Questions and Answers

