

# Division of Rehabilitation Services

The Independent Living Older Blind (ILOB) Program helps individuals who are 55 or older to live independently in their homes and communities.

Examples of services may include:

- Training in how to manage personal care and household tasks.
- Labeling and organizing personal care items, clothing, appliances and medications.
- Safe cooking techniques.
- Orientation and mobility training.
- Braille instruction.
- Referral to community peer support groups and other services.
- Introduction to community resources that enhance daily living such as NFB - NEWSLINE and resources at the Maryland State Library for the Blind and Physically Handicapped.

DORS rehabilitation teachers will come to your home to provide assessment and training. The program reaches out to individuals in all areas of the state, including those living in rural counties. Rehabilitation teachers work as a team with ophthalmologists, low vision specialists and community partners to provide personalized service.

There is no upper age limit to take part in this program. Most people who receive ILOB services do not have an employment goal.

## **Contact Us:**

Office for Blindness & Vision Services

2301 Argonne Drive, Baltimore, MD 21218

Phone: 410-554-9277 Toll-free: 866-614-4780

Email: [obvs.dors@maryland.gov](mailto:obvs.dors@maryland.gov)

**OBVS Regional Offices:**

Baltimore 410-261-2954

Serving Baltimore City and Baltimore, Howard and Harford Counties

Cumberland 301-777-2119

Serving Allegany, Carroll, Frederick, Garrett, Montgomery and Washington Counties

Waldorf 301-645-8882

Serving Anne Arundel, Calvert, Caroline, Cecil, Charles, Dorchester, Kent, Prince George's, Queen Anne's, St. Mary's, Somerset, Talbot, Wicomico and Worcester Counties

[www.dors@maryland.gov](mailto:www.dors@maryland.gov)