

## Independent Living Older Blind

The DORS Independent Living Older Blind (ILOB) program helps individuals who are 55 or older and who are blind or have a vision impairment live independently in their homes and communities.

## **ILOB Services**

- Training in how to manage personal care and household tasks.
- Labeling and organizing personal care items, clothing, appliances and medications.
- Safe cooking techniques.
- Referral to community resources and peer support groups.
- Introduction to resources that enhance daily living such as <a href="NFB-NEWSLINE">NFB-NEWSLINE</a> and resources at the <a href="Maryland State Library">Maryland State Library</a> for the Blind and Print Disabled.

ILOB rehabilitation specialists 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 specialists 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.

## **Request DORS ILOB Services**

Complete the <u>Request DORS Services form</u> and you will be contacted to set up an appointment to gather and provide information regarding eligibility. The <u>form</u> can be completed by anyone – you, a family member, a medical provider, a caretaker, etc.





