

INFORMATION & REFERRAL SERVICE

This is the only service (other than services to family members) that may be provided to all individuals, whether or not the individual has a disability. A Consumer Service Record (CSR) is not required for Information and Referral Services. Information may be provided in a variety of ways: brochure or other printed information, fax, phone, or meeting directly with an individual. The information may relate to an unlimited variety of issues.

EXAMPLES

- Providing the phone number to the local senior center
- Providing information on disability services

In the following pages, you will find resources that will assist you as you work with people who have low or no vision. This is not an all inclusive list and the fact that a resource is listed here in no way implies that iKan endorses any resource on these pages. This is for informational purposes only. There is a lot of information on these sites. It is recommended that you spend time becoming familiar with these sites prior to directing a consumer to them as a source of information.

Associations

American Association of People with Disabilities

www.aapd.com

AAPD provides its members with a newsletter to keep them abreast of current news of interest to the disability community. That way members can stay on top of things as they happen. AAPD also offers a directory of assistive technology products and services, provided by *Assistive Technology News*, Arlington, Virginia.

American Council of the Blind

www.acb.org

It was founded in 1961 and incorporated in the District of Columbia. The Council's membership numbers in the tens of thousands. The majority of its members belong to one or more of its 71 affiliated organizations. The Council strives to improve the well-being of all people who are blind or have low vision.

American Foundation for the Blind

www.afb.org

A non-profit organization founded in 1921 and recognized as Helen Keller's cause in the United States, the American Foundation for the Blind (AFB) is a leading national resource for people who are blind or having low vision, the organizations that serve them, and the general public. The mission of the AFB is to enable people who are blind or have low vision to achieve equality of access and opportunity that will ensure freedom of choice in their lives.

The Blinded Veterans Association

www.bva.org

BVA is an organization specifically established to promote the welfare of blinded veterans. Through our service programs, groups and benefits we hope to make life easier for blinded veterans and help by being there with encouragement and support.

Community Services - Blind and Visually Impaired Seattle, WA

www.csbps.com

Community Services for the Blind and Partially Sighted is a private not-for-profit organization committed to helping people with a vision loss remain independent by providing programs, services, and information that make the world more accessible.

The Foundation Fighting Blindness

www.blindness.org

In 1971, The Foundation Fighting Blindness was founded as the National Retinitis Pigmentosa Foundation, Inc., and its mission was to encourage research on RP, a little-known disease at that time. What our founders didn't know was that the complexity of genetic causes would lead to the study of a wider range of blinding diseases with common causes — diseases such as macular degeneration and Usher's Syndrome. In 1994, our mission formally expanded, and our name changed to The Foundation Fighting Blindness.

International Blind Sports Federation

www.ibsa.es

The International Blind Sports Federation (IBSA) was founded in Paris in 1981. IBSA is one of the International Federations for the Disabled founders of de I.C.C (the International Coordinating Committee of the World Sports Organizations for Disabled Persons), substituted currently by the International Paralympic Committee (I.P.C.), maximum governing body at world level, of which it is a fully-fledged member. It is

recognized both by the I.O.C. (International Olympic Committee), and by the World Blind Union.

Low Vision Council

www.lowvisioncouncil.org

The Low Vision Council (LVC) is an international group of manufacturers, practitioners, educators, agencies and associations working together to raise awareness of low vision rehabilitation among eye care providers, as well as consumers with vision loss and their caregivers.

Macular Degeneration Foundation

www.eyesight.org

The Macular Degeneration Foundation arose out of the need of its founder, Ed Aleksandrovich, to learn as much as he could about macular degeneration after he was diagnosed with it. Initially, he set up the Macular Degeneration Foundation to make it easier for others to find such information. More recently, he developed the Retinal Ribbon in Visual Purple as a symbol of the unmet needs of people afflicted with macular degeneration and other retinal diseases which impair vision.

National Association for Visually Handicapped

www.lighthouse.org/navh

National Association for Visually Handicapped works with millions of people worldwide dealing with difficulties of vision impairment. This site is not just for the "HARD OF SEEING®" but for those with family and friends that need everything from large print books to the latest on their particular condition. Health Care Professionals are welcome here as well. This organization was acquired by Lighthouse International.

National Federation of the Blind

www.nfb.org

Founded in 1940, the National Federation of the Blind (NFB) is the nation's largest and most influential membership organization of blind persons. With fifty thousand members, the NFB has affiliates in all fifty states plus Washington D.C. and Puerto Rico, and over seven hundred local chapters. As a consumer and advocacy organization, the NFB is considered the leading force in the blindness field today.

National Organization of Albinism and Hypopigmentation NOAH

www.albinism.org

NOAH is a U.S. based nonprofit, tax-exempt organization that offers information and support to people with albinism, their families and the professionals who work with them. NOAH is operated by its members on a volunteer basis and is funded primarily by dues and contributions of its members. NOAH has also received grants from foundations and organizations for specific projects. It has an excellent web site for information on a variety of subjects.

Statewide Independent Living Council of Kansas SILCK

<http://www.silck.org/>

Independent living demands consumer empowerment, control, equal access, and integration. The state plan shall insure that there are civil rights in place for total integration.

Books/Newspaper

Bookshare

[Http://www.bookshare.org](http://www.bookshare.org)

If you are someone who can't read a printed book, or you know a person who has difficulty reading printed text, the Bookshare.org community is here to serve you. This site does require a membership.

The Braille Bible Foundation

The Braille Bible Foundation publishes the King James Version of the Bible in Grade Two English Braille. The Braille Bible is contained in 18 volumes and requires 60 inches of shelf space, twelve inches high, to store. The Braille Bible volumes are sent free of charge to blind individuals who request them.

Braille Bible Foundation P.O. Box 948307 Maitland, FL 32794-8307 Phone:
800-766-9080

Extra Large Print Books

<http://www.extralargeprint.org/>

Books and other publications are reformatted from smaller type into 18, 28, and 48 point extra large print type. You can read the publications on a computer screen or print them out. When you print, they will be in large type. You don't need any additional software;

the large print publications can be read and printed with the free Adobe Reader you already have. Books at this site are for purchase.

NFB-NEWSLINE®

http://www.nfb.org/nfb/Newspapers_by_Phone.asp?SnID=728045634

This is a free service to those who cannot read regular newsprint. Over 300 newspapers available call toll free: 1-866-504-7300 for more information.

National Library Service

Through a national network of cooperating libraries, NLS administers a free library program of braille and audio materials circulated to eligible borrowers in the United States by postage-free mail.

In Kansas

<http://www.kslib.info/talking/>
1-800-362-0699

Nationally

<http://www.loc.gov/nls>

- Telephone: (202) 707-5100
- Toll-Free: 1-888-NLS-READ (1-888-657-7323) to connect to a local library

Overdrive

<http://kansas.lib.overdrive.com>

A site where cooperating libraries come together to provide audio and other formats of books for download.

Talking Pages

<http://www.talkingpages.org>

You can select the audio books you want to borrow from our catalog. We will then ship you the audio books you select, along with a return label and postage. There is no fee for using the service; our costs are covered through donations.

Communication

Telecommunication Access Program TAP

<http://www.kansastap.org>

The telecommunications access program of Kansas will provide vouchers for specialized telephone equipment for people with certified disabilities who have difficulty using the phone. For information call 785-234-0200

Equal Access to Software and Information EASI

<http://people.rit.edu/easi/>

EASI is a not-for-profit organization that collects and disseminates information on uses of technology by persons with visual and other disabilities. Of particular interest is the organization's electronic journal *Information Technology and Disabilities* which is made available free-of-charge on the website.

Financial

Consumer Action

<http://www.consumer-action.org/>

Through multilingual financial education materials, community outreach, and grassroots "make your voice heard" advocacy, Consumer Action empowers underrepresented consumers nationwide to assert their rights in the marketplace and financially prosper.

U.S. Department of Treasury's "Go Direct" Campaign

www.godirect.org

For those consumers still receiving their social security payments by paper check, the U.S. Department of Treasury is offering another option through a direct deposit program.

Funding Options

Friends of Man

<http://www.friendsofman.org>

Friends of Man is an all volunteer charity organization that helps people with basic or special needs that cannot be provided elsewhere. Referring professionals (health care and social workers, clergy, counselors, etc.) submit applications on behalf of people in need of assistance. (Applications are accepted only from referring professionals.) Friends of Man carefully considers all requests, and if the application is approved, Friends of Man pays a vendor for the needed items or services.

United Cerebral Palsy of Kansas

www.ucp.org/ucp_localsub.cfm/77/8079

Financial assistance is entirely dependent upon the availability of funding at the time of application. Typically, UCP-K does not fund medical services, evaluations, therapy, transportation or items that are required on an ongoing basis (such as incontinence supplies). UCP-K has a graduated, financial eligibility criteria beginning at an annual income of \$50,000. Persons with a variety of disabilities may apply; however, applicants must be established Kansas residents. A recommendation by a physician, therapist, or other specialist may be required.

Health Care and Vision

Eye Care America

<http://www.eyecareamerica.org/>

This award winning organization provides eye exams and up to 1 year of care to US citizens and legal residents through volunteer ophthalmologists often at no out of pocket cost to those who qualify.

Kansas Optometric Association

<http://www.kansasoptometric.org/>

The Kansas Optometric Association's Low Vision Resource Guide lists doctors who provide low vision services in Kansas.

Low Vision Doctor Listing

<http://www.lowvision.org/PROFESSI.HTM>

Listing of doctors who provide low vision services in the United States and other countries.

Vision insurance plans

The following companies provide insurance plans specifically related to vision. Contact individual companies for premiums and coverage terms.

Major vision insurance companies in the United States include (in alphabetical order):

- Advantica Eyecare, Inc. Arbor Shoreline Office Park 19321-C US Highway 19 North Clearwater, FL 33764 1-866-354-2020
- AlwaysCare Benefits, Inc. c/o The Starmount Building 8485 Goodwood Blvd. Baton Rouge, LA 70806-7878 1-888-729-5433, Ext. 2013
- Davis Vision Capital Region Health Park, Suite 301 711 Troy-Schenectady Road Latham, NY 12110 1-800-999-5431
- EyeMed Vision Care 4000 Luxottica Place Mason, OH 45040 1-866-9EYEMED
- Humana Vision Care Plan (VCP) 500 West Main Street Louisville, KY 40202 1-866-537-0229
- National Vision Administrators (NVA) 1200 Route 46 West Clifton, NJ 07015 1-800-672-7723
- Superior Vision Services 11101 White Rock, Suite 150 Rancho Cordova, CA 95670 1-800-507-3800
- Vision Insurance Plan of America, Inc. 6737 W. Washington St., Suite 2202 Milwaukee, WI 53214-7077 1-800-883-5747
- VSP 3333 Quality Drive Rancho Cordova, CA 95670 1-800-877-7195

Independent Living

Daily Living Skills

Get ideas to complete tasks of daily living from the following websites

<http://www.visionaware.org>

<http://www.cookinginthedark.libsyn.com>

<http://www.afb.org/seniorsitehome.asp>

Kansas Centers for Independent Living

- Advocates For Better Living For Everyone, Inc. 521 Commercial, Suite C Atchison, KS 66002
(V/TDD) 913-367-1830 (FAX) 913-367-1430 888-845-2879
- Coalition for Independence 4911 State Ave. Kansas City, KS 66102
(V) 913-321-5140 (TDD) 913-321-5216 (FAX) 913-321-5182 866-201-3829
- Independent Connection/ OCKK 1710 W. Schilling Rd. Salina, KS 67401
(V/TDD) 785-827-9383 (FAX) 785-823-2015 800-526-9731
- Independence Inc. 2001 Haskell Lawrence, KS 66046
(V) 785-841-0333 (TDD) 785-841-1046 (FAX) 785-841-1094 888-824-7277
- Independent Living Resource Center 3033 W. 2nd Wichita, KS 67203
(V/TDD) 316-942-6300 (FAX) 316-942-2078 800-479-6861
- LINK 2401 E. 13th Hays, KS 67601
(V/TDD) 785-625-6942 (FAX) 785-625-2334 800-569-5926



Prairie Independent Living 17 S. Main Hutchinson, KS 67501
(V) 620-663-3989 (TDD) 620-663-9920 (FAX) 620-663-4711 1-888-715-6818



Resource Center for Independent Living P.O. Box 257, 1137 Laing St. Osage City, KS 66523
(V) 785-528-3105 (TDD) 785-528-3106 (FAX) 785-528-3665 800-580-7245



Southeast Kansas Independent Living P.O. Box 957, 1801 Main Street Parsons, KS 67357
(V) 620-421-5502 (TDD) 620-421-6551 (FAX) 620-421-3705 800-688-5616

- Three Rivers PO Box 408, 504 Miller Drive Wamego, KS 66547
(V/TDD) 785-456-9915 (FAX) 785-456-9923 800-555-3994
- Topeka Independent Living Resource Center 501 S.W. Jackson, #100 Topeka, KS 66603
(V/TDD) 785-233-4572 (FAX) 785-233-1561 800-443-2207
- The Whole Person 3420 Broadway, Suite 105 Kansas City, MO 64111
(V) 816-561-0304 (TDD) 816-931-2202 (FAX) 816-753-8163

Recreation & Leisure

- **Movies and Television**

Blind Micemart

http://www.blindmicemart.com/assets/product_images/movies2.html

The Mice have a collection of movies for you to download free! The movies are audio with description and are in mp3 format!

Movies for the Blind

<http://www.moviesfortheblind.com>

Enjoy films without looking at the screen.

- **Sports and games**

Discovery Blind Sports

<http://www.discoveryblindsports.org/>

Discovery is dedicated to fostering self-sufficiency in blind and children with low vision and adults by improving their mobility, confidence, independence, and social skills through involvement in physical activities. Discovery addressed these goals by pioneering methods for teaching challenging sports to people with little or no vision, by involving families and friends in these activities, and by promoting positive public awareness of individuals with vision loss and their accomplishments.

Gamevial

<http://accessiblewebgames.com/>

Gamevial audio games use rich sounds, sound imagery, live speech, and in game audio, in game instructions and some pioneering online sound techniques in game such as audio pan which allows us to place sound objects in both 2D and 3D game engines we have developed. Some of the free games on this website will have you running about in 3D mazes and shooting the bad guys.

U.S. Blind Golf Association

<http://www.blindgolf.com/>

The United States Blind Golf Association is organized and operated for the purposes of benefiting blind and low vision persons and promoting the public good through programs that advance, and increase public awareness of golf among the blind and low vision throughout the United States.

Shopping

American Printing House for the Blind

<http://www.aph.org/>

"The world's largest source for adapted educational and daily living products - since 1858."

The Braille Superstore

<http://www.braillebookstore.com/>

Here at The Braille Superstore, we're never standing still - we've always got a million exciting new product ideas on the go.

Dynamic Living

<http://www.dynamic-living.com/index/>

Products for independent living and products designed to enhance your lifestyle simply by making your every-day tasks easier. Our products are well designed, attractive and provide easy-to-use features. Great for seniors, busy parents and people with arthritis, limited vision or other physical challenges.

Independent Living Aids

<http://www.independentliving.com/>

Independent Living Aids, Inc. is the oldest privately-held, mail-order company in the United States of products for individuals who are blind or have low vision. Almost thirty years of providing essential aids with superb service has made us a trusted source of products for the blind and low vision.

Maxi Aids

<http://www.maxiaids.com/store/default.asp>

Products for independent living and products designed to enhance your lifestyle simply by making your every-day tasks easier. Look to Maxi-Aids when you're in need of any special needs item.

Sight Connection

<http://www.sightconnection.com/>

Sight Connection is the retail operation of Seattle-based Community Services for the Blind and Partially Sighted (CSBPS), a private, 501(c)(3) nonprofit founded in 1965. CSBPS works with individuals, families, and communities to restore, maintain and enhance the independence and well-being of people with vision loss, and specializes in working with age-related vision loss.

Social Networking

Blink Nation

<http://www.blinknation.com/>

Blink Nation, a brand-new, screen-reader friendly social network especially tailored for blind users. We strive to make an environment that is feature rich but clutter free

Easy Chirp

www.easychirp.com

Accessible Twitter has changed its name to Easy Chirp. It is an alternative to Twitter.com. It is designed to be easier to use and is optimized for disabled users.

New Visions Network

<http://www.new-visions-network.org/>

We are a group of individuals who are blind or have low vision that enjoy spending time learning, playing and chatting with each other.

Out of sight

<http://out-of-sight.net/>

Enjoy courtesy, calm, and great conversation while creating comfort and camaraderie with class! Come and celebrate while making new friends, meeting up with old ones, and developing new skills with classes, fun, and more! Again, welcome from all of us here at Out-of-Sight.net!