

**TALLAHASSEE SENIOR SERVICES  
SENIOR RESOURCE INFORMATION  
LOW VISION SERVICES**

**COMMON TYPES OF LOW VISION INCLUDE:**

- **Loss of Central Vision:** This type of vision loss creates a blur or blind spot, but a person's peripheral vision remains, making it difficult to read, recognize faces and distinguish most details in the distance.
- **Loss of Peripheral Vision:** People who lose their peripheral vision cannot distinguish anything to one side or both sides, or anything directly above and/or below eye level.
- **Blurred Vision:** With blurred vision, both near and far vision is out of focus, even with the best possible correction with eyeglasses.
- **Reduced Contrast Sensitivity:** People with loss of contrast sensitivity, have a loss of vision quality. They tend to feel that there is a generalized haze with a sensation of a film or cloudiness.
- **Glare Light Sensitivity:** This occurs when standard levels of light overwhelm a person's visual system, producing a washed-out image and/or a glare, causing pain and discomfort.
- **Night Blindness:** People with night blindness cannot see outside at night or in dimly lighted interior areas such as movie theaters or restaurants.

[aoa.org/healthy-eyes/caring-for-your-eyes/low-vision-and-vision-rehab?sso=y](http://aoa.org/healthy-eyes/caring-for-your-eyes/low-vision-and-vision-rehab?sso=y)

**The Senior Center accepts donations of eyeglasses, and there is a box of donated eyeglasses that people can choose from.**

<b>LOCAL RESOURCES</b>		
<b>ABILITY 1<sup>st</sup></b>	<a href="http://ability1st.info">ability1<sup>st</sup>.info</a>	<b>850-575-9621</b>
Assists the visually impaired to improve their quality of life and ensure their civil rights, partnering with local agencies to empower people with disabilities to take charge of their lives.		
<b>LIGHTHOUSE OF THE BIG BEND</b>	<a href="http://seeingindependence.org">seeingindependence.org</a>	<b>850-942-3658</b> <b>888-827-6033</b>
Provides a variety of services and resources to the legally blind, or those with a condition that is progressing towards legal blindness. The services are free to Florida residents.		
<b>LIONS CLUB INTERNATIONAL</b>	<a href="http://lionsclubs.org">lionsclubs.org</a>	<b>850-997-1754</b>
Offers resources to improve quality of life for people who are blind and visually impaired.		

**FLORIDA DIVISION OF BLIND SERVICES**      [dbs.myflorida.com](http://dbs.myflorida.com)      **850-245-0370**  
**Vocational Rehabilitative Services** – Assists individuals who are severely visually impaired gain, regain or retain employment. Some services are based on economic need.  
**Independent Living Program** – Services provided to enable individuals who are blind or severely visually impaired to live more independently in their homes and communities.  
**Braille and Talking Book Library Services** – Provides information and reading materials for individuals who are unable to use standard print because of a visual, physical, or reading disability.

**LEON COUNTY PUBLIC LIBRARY**      [leoncountyfl.gov/library](http://leoncountyfl.gov/library)      **850-606-2665**  
The “Kurzweil Reader” machine can be used at the Main Library to read any print material aloud. Also, CCTV (closed circuit TV) can be used to magnify any print up to 60 times for easier viewing.  
Hand-held magnifiers may be borrowed from any library service desk at any location. Lighted magnifiers and an Ednalight are available for checkout at the Tech/Media Desk in the Main Library.  
Large-type books may be checked out at all locations. Described videos, audio books, talking books and talking book machines, and a Perkins Braille may be used or checked out at the Main Library. The automated library catalog can be used at an adapted computer station in the Main Library that will magnify the print on the monitor.

### REGIONAL RESOURCES

**SOUTHEASTERN GUIDE DOGS, INC.**      [guidedogs.org](http://guidedogs.org)      **800-944-3647**  
Provides service and emotional support dogs for individuals with vision impairments at no cost. Must be considered legally blind by an eye doctor, additional qualifications can be found on the website listed above.

### EDUCATION & INFORMATION

**FLORIDA COUNCIL OF THE BLIND, INC.**      [fcb.org](http://fcb.org)      **800-267-4448**  
FCB’s Project Insight provides education and a statewide information and referral service.

**PERSONAL ADAPTIVE COMPUTER USERS**      [seeingindependence.org](http://seeingindependence.org)      **850-942-3658**  
Meetings revolve around sharing information and learning more about computer applications. Guest speakers are often invited. It is a loosely structured group and members have varying levels of computer skills. Anyone with significant vision loss is welcome. There is no fee for membership. Call for additional information.