



for the blind and visually impaired

Vista Center for the Blind and Visually Impaired

**2470 El Camino Real, #107
Palo Alto, CA 94306**

**413 Laurel Street
Santa Cruz, CA 95060**

Who We Are:

Vista Center empowers individuals who are blind or visually impaired to embrace life to the fullest.

Vista Center is the premier resource for individuals with vision loss in **San Mateo, Santa Clara, San Benito and Santa Cruz counties**, serving approximately 2,500 clients and families each year. We enable our clients to achieve their highest potential through programs that promote independence and improve their quality of life.

Our Services:

- ❑ **Low vision evaluations** are provided by specially trained low vision optometrists. Typically, they prescribe optical aids to help the client use his/her remaining vision more effectively.
- ❑ **Social Services staff** have a number of roles. They help both clients and families learn about the resources and programs available at Vista Center as well as community resources that assist them in adapting to vision loss. **Counselors** help both clients and families to cope with the special problems that accompany the loss of sight. **Support groups**, led by our counseling staff, provide an opportunity for clients to talk about strategies for coping with sight loss and build their own support "community." **Choices and Changes** offers education and training in managing sight loss.
- ❑ **Orientation and mobility training** teaches clients how to live more independently, including crossing streets safely, using public transportation and acclimating to school or work place.
- ❑ **Living skills instruction** aids clients with day-to-day tasks that become difficult with the loss of sight. Clients learn skills such as cooking, housekeeping and money management. **A New World of Vision** is an introduction to high-and-low-tech products for people who are visually impaired. **Braille classes** offer an alternative method of reading and writing for the blind or visually impaired.

- ❑ **Teachers of the Visually Impaired** work with students in their classrooms, teaching special skills such as braille and the use of adaptive technologies. They also help teach academic subjects, develop Individualized Education Programs, provide general in-services, order special materials, help students develop good social skills, teach daily living skills, and collaborate with other professionals to develop materials and interventions which are appropriate to a student's individual needs.
- ❑ **The Health Library** offers a variety of scientifically-based medical information on vision loss and rehabilitation. The volunteer staff can search accessible media for medical information for anyone who is blind/visually impaired and requests assistance.
- ❑ **The Store at Vista Center** is stocked with a variety of products that can help people who are blind or visually impaired lead more independent lives.
- ❑ **Youth Group** activities enable our young clients to engage in recreational and educational activities which are specially planned and adapted for students with blindness and vision impairments.
- ❑ **Well-trained volunteers** work directly with our clients, filling a variety of needs such as reading mail, helping with shopping, and lending friendly support.

For More Information:

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(650) 858-0202 or (831) 458-9766

www.vistacenter.org