

What is **CORE** ?

Our Comprehensive Orientation Rehabilitation and Empowerment (**CORE**) program teaches blind adults the non-visual skills of blindness so that they may regain control of their lives. Through personalized instruction by highly qualified blind staff, the **CORE** program promotes the mastery of non-visual techniques and a positive philosophy of blindness.

How **CORE** Works

CORE is a residential program that generally takes 7–11 months to successfully complete. Residential living is an essential component designed to integrate classroom skills developed throughout training. Students are required to live in the Core program apartments and are responsible for managing daily living skills like shopping, meal preparation, cleaning, and money management. Students are also encouraged to become active members of the community.

Take The First Step

At Blind Industries and Services of Maryland, our mission is to provide blind adults with the life skills to succeed both personally and professionally.

We offer a state-of-the-art learning environment where you can develop life skills, gain confidence, and become self-sufficient. You will discover opportunities, build relationships, and learn the non-visual skills that lead to independence. Now it's your turn. Take the first step.



Start today by calling 1-888-322-4567
or email training@bism.org

Blind Industries & Services of Maryland
3345 Washington Blvd • Baltimore, MD 21227
Toll Free: 1-888-322-4567

For more information about training visit www.bism.org

BISM **i** CORE

Training For Blind and Low Vision Adults





Technology - Information

Through the use of adaptive technology, students learn how to non-visually navigate computer programs, internet browsers, iPhones, and other gadgets.



Braille - Reading and Writing

Research indicates that more than 80% of successfully employed blind adults read and write Braille.



Positive Blindness Philosophy

During weekly seminar discussions, **CORE** students work together with staff to break down myths and misunderstandings, and to develop a positive attitude about blindness.



Cane Travel - Freedom

By mastering the long white cane, students will acquire the skills to travel independently in both familiar and unfamiliar environments, and become an expert in all forms of public transportation.



Fitness - Getting Healthy

CORE students work with a certified trainer to help them set and achieve their personal fitness goals.



Job Readiness

Students focus on goal achievement and professional success. Creating a career plan, finding employment, or returning to your career, **CORE** provides students with the skills needed to succeed in the workforce.



Independent Living - Home Management

Maintaining a home by completing daily life functions non-visually is a crucial component of **CORE**. Students will build confidence and independence as they progress through the curriculum.



Woodshop - Confidence

Build self-confidence by learning to use tools found in a typical woodshop non-visually. Problem solving skills and design are the focus.



College Prep

College Prep runs in conjunction with the **CORE** program, allowing students to get life skills training while attending the university of their choice. Blind mentors provide instruction in non-visual study and note-taking habits, advocacy, classroom needs, and campus life.