

BLIND INDUSTRIES AND SERVICES OF MARYLAND (BISM)
ONE-DAY SENIOR WORKSHOPS

Designed for seniors 55 and over experiencing significant vision loss.

We bring an experienced staff and training materials to your location! And best of all, it is **FREE OF CHARGE!**

Choose **ONE** of three BISM Senior Workshops for your location:



1. Life Enhancement through Alternative Skills

Gain independence, develop skills, and build self-confidence through classes in Braille, Independent Home Living, Cane Travel, Computer Technology, and Adjustment to Vision Loss. Helpful aids and devices will be demonstrated. Participants will prepare their own lunch.

2. Healthy Lifestyles, Self-Care, and Diabetes Management

Increase personal independence related to health and self-care through demonstrations and training in the use of adapted health devices for care and monitoring. Hands-on instruction in the use of the talking glucose meter, insulin delivery device, and medical talking products. Glucose screening included.



3. Financial Independence for Daily Living

Increase personal independence related to basic financial tasks. Learn non-visual methods to: read mail, organize and pay bills, perform mathematical calculations, write checks, maintain a check register, manage credit cards, and conduct banking transactions. Talking products will be demonstrated and utilized.



A minimum of ten participants are required for each BISM Senior Workshop. All workshops include a full day of training and activities plus a “working luncheon” and hand-outs for all participants.

For additional workshop information, or to schedule a BISM Senior Workshop at your location, please contact
Ruth Sager
410-737-2649
rsager@bism.org



Blind Industries and Services
of Maryland
3345 Washington Blvd.
Baltimore, MD 21227
888-322-4567

www.bism.org