



Take the First Step

At Blind Industries and Services of Maryland, our mission is to provide blind and partially 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 be more self-sufficient. You will discover opportunities, build relationships and learn how to live a better life. Now it's your turn. Take the first step.

Don't let the loss of vision limit your life.

Start today by calling **1-888-322-4567**

or email **training@bism.org**

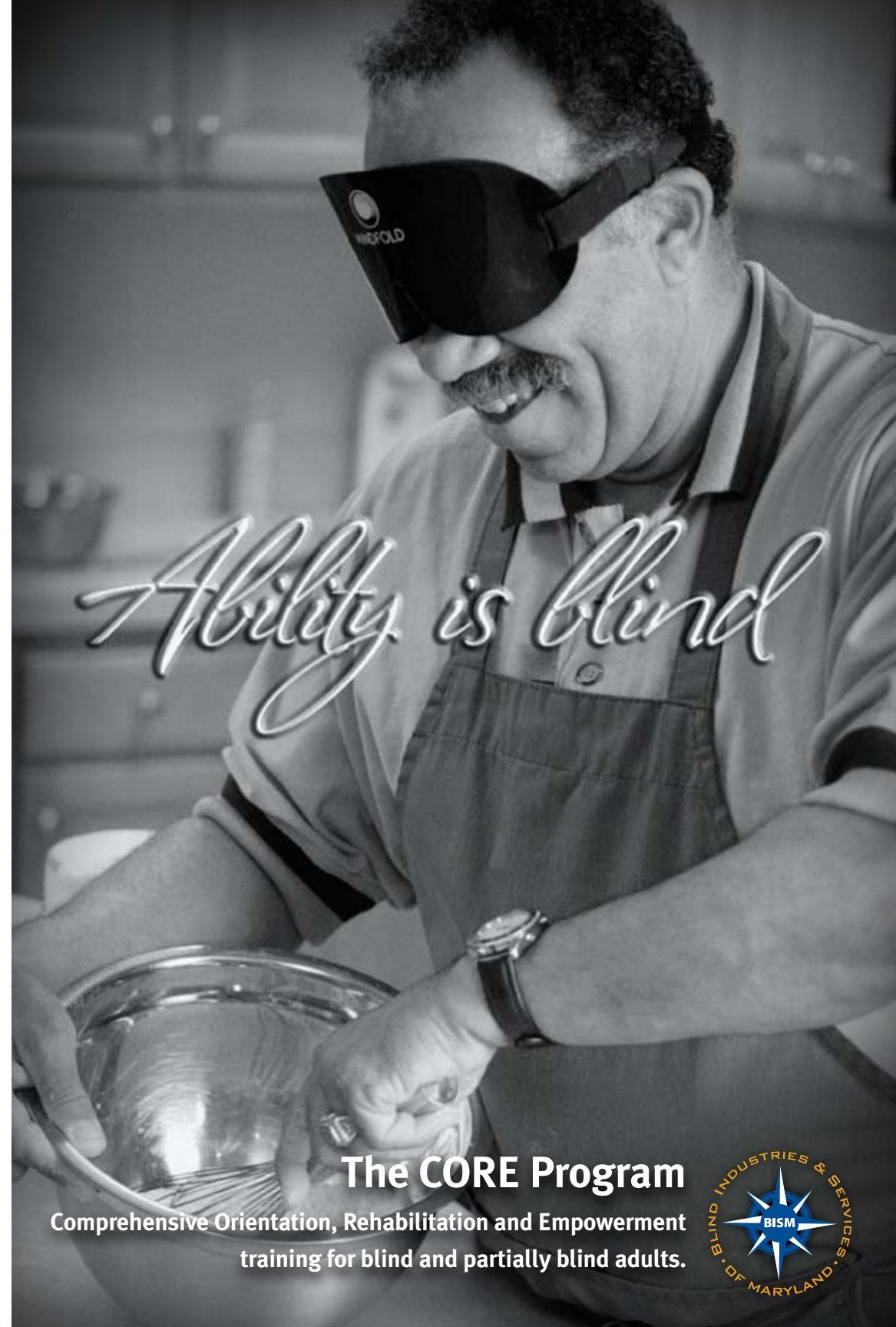


Blind Industries and Services of Maryland

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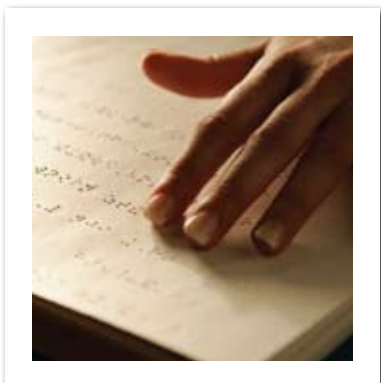


Ability is blind

The CORE Program

Comprehensive Orientation, Rehabilitation and Empowerment
training for blind and partially blind adults.





What is the CORE Program?

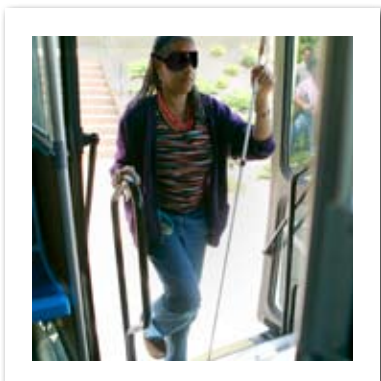
Our Comprehensive Orientation, Rehabilitation and Empowerment (CORE) Program teaches blind and partially blind adults the “skills of blindness” – so they may regain control of their lives. Through personalized instruction, CORE promotes the mastery of non-visual techniques and a positive philosophy of blindness.

CORE is a residential program. Residential living is an essential program component, designed to integrate skills developed throughout training. Students are required to live in the CORE apartments and are responsible for managing daily living skills like shopping, meal preparation, cleaning and money management. Students are also encouraged to become active, contributing members of the community.

CORE instructors are role models. Many of our instructors are blind themselves. All instructors, regardless of vision level, possess a positive philosophy of blindness.

CORE is structured for success. Each course in this intensive, personalized program has specific benchmarks or requirements to complete for graduation. Students are evaluated periodically to review progress and achievements.

More than 70% of CORE graduates become gainfully employed or enroll in continuing education.



What CORE Participants Learn:

Braille – Reading and writing

Braille is the great equalizer – it is the basic literacy tool for every blind person. Research indicates that more than 80% of successfully employed blind adults read and write Braille.

Cane Travel – Freedom

By mastering independent travel using a long white cane, students acquire skills to go where they want to, when they want to, without inconvenience to self or others. Upon graduation, students will have the confidence and skills to travel independently in both familiar and unfamiliar environments.

Independent Living – Home management

Students master how to cook meals from scratch, clean and organize a busy kitchen, and grocery shop within a budget. They learn how to do simple sewing, laundry and ironing, and maintain a home. In order to graduate, students must prepare and serve a formal dinner for eight and a buffet meal for twenty guests.

Computer Technology – Information

Students gain access to a world of information by learning how to use a computer non-visually. Through the use of adaptive technology for the blind, students learn keyboarding skills, word processing applications, and how to navigate the Internet.

Woodshop – Confidence

Using alternative techniques, students develop self-confidence by learning to use the tools found in a typical woodshop – table saws, routers, radial arm saws, hammers and measuring devices. Students also design and build woodworking projects.

Seminar – Developing a positive philosophy about blindness

“It is respectable to be blind.” Our students come to understand this at an intellectual and emotional level during biweekly discussions. A critical component of training, seminar topics include: personal beliefs about blindness, societal myths and misconceptions, the value of self-confidence, job seeking tips and training success stories.

Find out more about our CORE program today.
Email training@bism.org or call 1-888-322-4567