



skills training
aids and devices
adjustment counseling
information and referrals

Independent Living Program



Washington State Department of Services for the Blind

Independent Living Services

800-552-7103

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www.dsb.wa.gov

Where are services provided?

Providers located throughout the state meet participants at their homes to help them identify and meet their goals.

What services provided?

We provide a large variety of skills training.

Just a few include:

- Daily Living Skills: household chores, food preparation, shopping, bill paying.
- Communication Skills: using the telephone, reading with magnification, telling time, use of audio book players.
- Orientation and Mobility: including human guide, orientation indoors and to the home environment, travelling in the community.

Empowering individuals with vision loss to live independently in their homes and communities.



Adjustment Counseling

We offer emotional adjustment counseling for our clients who are experiencing grief, fear, or anger as their vision declines. Note that this is not crisis counseling or mental health therapy.

Who do we serve?

We provide services to people:

- who are 24 years old or older,
- experiencing difficulty with daily life activities due to vision loss,
- and who are not currently working or do not want to return to work.

What does it cost?

All of our services are free. Aids and devices are frequently provided at no cost.

Aids and Devices

We supply low vision aids and devices including:

- magnifiers
- talking watches
- canes
- large print calendars
- large button phones
- tactile dots for appliances
- liquid level indicators

Information and Referral

We connect our clients to other services they may qualify for and benefit from, including talking books or para-transit services.

