

TABLE OF CONTENTS

- [INTRODUCTION](#)
- [LOW VISION AND BLINDNESS DEFINITIONS AND MORE](#)
- [MEDICAL ASSISTANCE](#)
- [DISASTER PREPAREDNESS](#)
- [A BEGINNER'S GUIDE TO ASSISTIVE TECHNOLOGY](#)
- [AIDS AND APPLIANCES](#)
- [COMMUNICATIONS UNIT](#)
- [BRILLE TRANSCRIBING RESOURCES NC RESOURCES](#)
- [EDUCATIONAL SERVICES AND RESOURCES FOR CHILDREN](#)
- [POSTSECONDARY EDUCATION](#)
- [HOUSING](#)
- [LEGAL RIGHTS](#)
- [SPECIAL PRIVILEGES FOR INDIVIDUALS WHO ARE VISUALLY IMPAIRED](#)
- [RECREATIONAL AND LEISURE ACTIVITIES](#)
- [GETTING A DOG GUIDE](#)
- [TRANSPORTATION AND TRAVEL](#)
- [DIVISION OF SERVICES FOR THE BLIND MAIN & DISTRICT OFFICES](#)

INTRODUCTION

The Vision Resource Guide is designed to assist individuals in North Carolina who are visually impaired to locate resources related to employment and independence. It is hoped that this guide will provide opportunities for individuals living with vision loss to gain greater independence and enhance their lives.

This guide was developed and printed by the North Carolina Division of Services for the Blind. The mission of the Division is; ***to enable people who are blind or visually impaired to reach their goals of independence and employment. The Division has been serving individuals who are visually impaired since 1935.*** It is a state agency under the direction of the Department of Health and Human Services and provides services to eligible individuals in all counties of North Carolina. Services are available to children, youth, adults, and older adults. These services are provided in the most appropriate setting to meet the individual's disability related needs.

The Vision Resource Guide provides information and resources related to visual impairment such as, communication, assistive technology, low vision, and leisure activities. Some resources mentioned in this guide may not be available in all counties. For further information contact the Division's District Office nearest you, listed in the section called, CONTACT US.

Any organizations, products or commercial services mentioned in this guide are provided solely as a reference and is not intended as an endorsement by the Division.

Contact information for various resources within this guide may have changed since it was printed. If you encounter a resource that is not up-to-date, please contact the web master. The web address is www.ncdhhs.gov/dsb/.

LOW VISION AND BLINDNESS DEFINITIONS AND MORE

What is low vision, blindness and legal blindness?

Low vision is a term used to describe a multitude of visual experiences. When individuals have limited, but at least some useable vision which cannot be fully corrected with regular eyeglasses, medical treatments or surgery and this limited vision interferes with their ability to participate in functional tasks, they may be described as having low vision.

Persons who are completely blind have no useable vision or even the ability to detect if there is light in the environment. Often blind and legally blind are used interchangeably but most people who are legally blind are not completely blind. Legally blind is defined as having a visual acuity of 20/200 or worse in the better eye with best correction or having visual fields of 20 degrees or worse in the better eye. Individuals with low vision may or may not be legally blind.

What is Low Vision Rehabilitation?

Low vision rehabilitation seeks to capitalize on individual's useable vision to enhance their participation in meaningful activities. The ability to maximize use of limited vision may be aided by low vision training (for instance in learning to locate the best area of their visual field) as well as optical and non-optical aids.

Examples of Optical Aids

- Lighted and non-lighted magnifiers for near tasks
- Hi-powered reading glasses
- Telemicroscopes for seeing at intermediate distances
- Monoculars for viewing at a distance
- Task and ambient lighting

Examples of non-optical Aids

- Filters to reduce glare
- Reading stands to improve posture
- Reading guides

The types of adaptations that individuals with low vision need are highly varied, thus individualized assessments are needed to determine the best combination of devices and training. Low vision rehabilitation should never take the place of regular medical eye care. Low vision rehabilitation should not begin until medical eye care is current and any active condition is stabilized. If you are having trouble seeing, the place to start for help is always by having a current full eye exam by an ophthalmologist or optometrist.

How to Access Low Vision Rehabilitation Services

NC Division of Services for the Blind provides low vision evaluations which are conducted in people's homes, workplaces, local community settings as well as the Rehabilitation Center for the Blind and Evaluation Unit. Referrals for low vision evaluations are made by the individual's

DSB counselor or social worker. Contact the district office nearest you for further information. For a list of district offices, see the CONTACT US section.

The NC Directory of Low Vision Services by the Low Vision Task Force lists both public and private low vision professionals in NC. Their website is:
www.nccu-vitp.net/documents/services_directory0703.pdf

The American Macular Degeneration Foundation website lists providers in NC and nationwide:
www.macular.org/lowvis/

For more information on eye conditions:

The US National Institute of Health's National Eye Institute website has information on specific eye conditions, the eye in general and vision-related terms:
www.nei.nih.gov/health/

MEDICAL ASSISTANCE

Many people who are blind or visually impaired qualify for medical assistance services. Medicare and Medicaid are the two primary types of health care benefits available.

Medicare is a Federal health insurance program for people 65 or older, people of any age with permanent kidney failure, and certain disabled people under 65. It is administered by the Health Care Financing Administration of the U.S. Department of Health and Human Services. The Social Security Administration (SSA) provides information about this program and handles enrollment. For information, you might call the toll-free number 1-800-772-1213 from 7.a.m. to 7 p.m. or if you are deaf or hard-of-hearing you can call the TTY toll-free at 1-800-325-0778. You can also seek information online at www.ssa.gov

Medicaid may be available to people with low income and people who meet the additional eligibility requirements. People receiving Social Security Supplement (SSI) benefits also qualify for Medicaid benefits. You can seek information by contacting the Centers for Medicare and Medicaid (CMS) toll-free at 1-877-267-2323 or if you are deaf or hard-of-hearing you can contact the TTY toll-free at 1-866-226-1819. For people with Medicare contact 1-800-633-4227 for general information, and if you are deaf or hard-of-hearing contact the TTY toll-free at 1-877-486-2048. You can also seek information online at www.cms.hhs.gov

The Seniors Health Insurance Information Program (SHIIP), the North Carolina Department of Insurance, offers consumer counseling regarding Medicare, Medicare Supplements, Medicare Prescription Drug Plans, Medicare Advantage, long-term care insurance and other health insurance plans. They offer free and unbiased counseling regarding Medicare's health care plans. The Medicare Lookout Program provides assistance with Medicare and Medicaid billing errors, fraud and abuse. Call SHIIP toll-free at 1-800-443-9354 and the website for SHIIP is www.ncdoi.com/Consumer/SHIIP/SHIIP.asp. Additionally the NC Department of Insurance's (instate) toll-free phone number is 1-800-546-5664. You can also seek information online at www.ncdoi.com.

American Association Of Retired Persons AARP

AARP is a membership organization for people who are 50 and older. They provide a wide array of benefits, advocacy for seniors, and information related to aging and other topics. They have programs, and information related to wellness and health, as well as health insurance options and prescription discounts.

For more information call 1-888-687-2277 or visit on the web at www.aarp.org

DISASTER PREPAREDNESS

Over the past several years we have had some significant disasters in our nation that have shown us the need for disaster preparedness. There are many questions that come to mind and concerns for an individual with a disability when thinking about disaster preparedness such as, How do I get started? What do I prepare for? What supplies/information do I need? No matter what the disaster is there are some basics you need to know and now is the time to get started.

In North Carolina there are situations that can and have occurred, which can cause severe problems if you do not have the necessary resources. These are snow and ice storms and hurricanes. In the event of a severe storm or disaster, the American Red Cross as well as other local government emergency teams will respond but it may take time for them to get to you. There are things you can do ahead of time that will help you in the case of an emergency. These are, establish a support network, have an evacuation plan, and have important medical and emergency information available.

Create a personal support network to help you prepare for a disaster. This is especially important for people who do not drive.

Members of a support network can be roommates, relatives, neighbors, friends, and co-workers, people you trust and who could check to see if you need assistance. They should know your capabilities and needs, and be able to offer help within minutes. Do not depend on only one person.

Give your network members copies of your emergency information list, medical information list, disability-related supplies and special equipment list, evacuation plans, and relevant emergency documents. Give the members of your network all the necessary keys they may need to get into your home, car, etc.

Show your network how to operate and safely move the equipment you use for your disability, if necessary. Ask them to practice with any of your special equipment. This will help them feel more comfortable when using it during an emergency.

You should have enough food, water, and medications for 3 to 5 days. Also, if you have a guide dog or pets, include them in your planning and make sure you have enough food and water for them as well.

If you need to evacuate your home

Have a list available of the things you need to take with you in the event you have to evacuate your home. If you need to go to a shelter but are not sure where they are located or where the main evacuation routes are located, call your local Emergency Management Department. Some shelters will be designated for Special Needs, which means they will be equipped to assist individuals with medical needs.

If you go to a shelter with your guide dog they have to allow your guide dog to accompany you. If you have pets, North Carolina now has mobile trailers where pets can be kept for individuals staying in shelters. Not all shelters will have these trailers, so you will need to check with your local Emergency Management Department to find where they will be located. Your dog/pet must have an up-to-date rabies tag and you must provide the food.

For a listing of local Emergency Management Department phone numbers go to:
<http://www.nccrimecontrol.org/?CFID=4599765&CFTOKEN=32140699>

Medical List

Complete a medical information list that includes information about your medical providers, the names of medications you take and their dosages, when you take a medication, the condition for which you take a medication, the name of the doctor who prescribed it, and the doctor's phone number. It is important to record any assistive equipment you use, your allergies and sensitivities, and communication or cognitive difficulties you may have. Keep this list attached to your emergency information list.

Attach copies of health insurance cards and related information to the medical information list.

Store enough oxygen, medications, battery power, etc. for at least seven days to meet your specific disability-related needs after a disaster. Label your equipment and attach instruction cards on how to use and move each item. Laminate the instruction cards for added durability.

For information about disaster preparedness contact the Department of Crime Control and Public Safety

www.nccrimecontrol.org/Index2.cfm?a=000001
www.readync.com

For information about the Bird flu contact the Department of Health and Human Services
www.ncpanflu.gov

For contact information on disaster preparedness in both Spanish and English Office of Citizen Services, CARE-LINE (800)662-7030

The American Red Cross

To find a shelter, obtain emergency food, water and other disaster relief, contact your local Red Cross chapter or go to: www.redcross.org

A BEGINNER'S GUIDE TO ASSISTIVE TECHNOLOGY

This is a sample of basic resource sites to assist a novice computer user with learning to use a computer. This is not a complete listing of web sites available. Many of the vendors listed will change product lines so you can contact them for their latest product information, and be aware they carry multiple product lines. If you have questions, please contact the vendor for additional information or you can contact your local NC Division of Services for the Blind Assistive Technology Representative in your local District Office. To find the local district office nearest you see the, CONTACT US section or call, (866) 222-1546. For Spanish speaking callers, CARE-LINE (800) 662-7030

The Hadley School

700 Elm Street

Winnetka, Illinois 60093-2554

Toll Free: 1-800-323-4238

Phone: 847-446-8111

Fax: 847-446-9916

Email: info@hadley.edu

Or for student services only: student_services@hadley.edu

Website: www.hadley.edu/default.asp

The Hadley School offers correspondence courses in typing, word processing, EXCEL and how to use the internet.

Senior Net-Internet Technology for seniors:

Senior Net promotes use of computers for adults age 50 and older.

www.seniornet.org/jsnet/index.php?option=com_frontpage&Itemid=1

Select Enrichment on the toolbar and go to technology.

Online encyclopedia for computer and internet technology definitions

www.webopedia.com

Internet for the beginner

<http://netforbeginners.about.com/od/>

Reference guide for individuals with visual impairments – a step by step tutorial for people with low vision/blindness/hearing and others. For example you might learn to use Windows XP.

www.microsoft.com/enable/guides/vision.aspx

Link sites for computer instruction and tutorials:

<http://blindreaders.info/instruct.html>

This site is a resource for any language; provides speech friendly tutorials, manuals, etc.:

www.blindprogramming.com

Computer tips:

<http://www.worldstart.com>

A Learner's Guide to using the computer:

www.grassrootsdesign.com/intro/

Site explains tools used by the blind and visually impaired; how to make computer programs more accessible; links www.geocities.com/visionspot/

Technology Resource List:

www.nfb.org/nfb/Resources.asp?SnID=1024987185

Best Search Tools Chart:

www.infopeople.org/search/chart.html

Accessible web search for the visually impaired:

<http://labs.google.com/accessible/>

The Chicago Lighthouse has established a toll-free Telephone line for Assistive Technology technical support. 1-888-825-0080

One-stop for free Assistive Technology:

www.onlineconferencingsystems.com/at.htm

Technical Support Center:

www.smartcomputing.com

Equipment Loan Programs across NC and Assistive Technology equipment sales:

www.pat.org

Blindness Related Resources on the Web:

www.hicom.net/~oedipus/blind.html#soft

For a free demo of JAWS go to:

<http://www.freedomscientific.com/downloads/jaws/jaws-downloads.asp>

Demonstration software and product information:

www.tech.aph.org/index.html

This site does not sell products or services. They are the leading resource for computer magnification solutions.

www.magnifiers.org

New equipment to increase independence. It is for the deaf-blind, blind, and visually impaired. To subscribe email:

dbtechies-subscribe@topica.com

To find more information about technology for the visually impaired, try using one of these phrases with your favorite search engine such as Google or Yahoo.

technology + visual + impairment

computer + access + visual + impairment

Speech friendly Google: <http://labs.google.com/accessible/>

For other speech friendly search engine options: www.hicom.net/~oedipus/search.html

You might also try one of the following web sites:

American Council of the Blind

www.acb.org

American Foundation for the Blind

www.afb.org

American Printing House for the Blind

www.aph.org

Blind Net

www.blind.net/

National Federation of the Blind

www.nfb.org

AIDS AND APPLIANCES

The NC Division of Services for the Blind has a non-profit unit called Aids and Appliances (A & A), which sells small aids and appliances developed or adapted for people who are blind or visually impaired. Items for sale include: talking/Braille/large-print watches; sewing aids, kitchen aids such as crock pots, pressure cookers, and frying pans; as well as low-vision aids such as special sunglasses and magnifiers. These and other products are available at cost plus shipping and state sales tax. The A & A Unit is located in the Haywood Building, Room 110-112, 315 Ashe Avenue 27606, 2601 Mail Service Center, Raleigh, NC 27699-2601. To contact the Aids and Appliances Unit directly you may call (919) 715-0249 or any Spanish customer can contact the CARELINE at 1-800-662-7030 and ask to be connected to the DSB Aids and Appliances Unit.

Other Sources for Aids and Appliances:

American Council of the Blind

Toll free: 1-800-424-8666

Phone: 1-202-467-5081

www.acb.org

Helpful Resources; have store and sell independent living aids and technology.

American Printing House

Toll-free: 1-800-223-1839

Phone: 1-502-895-2405

www.aph.org/products/index.html

Sells 4 track tape player/recorder, talking software, low vision aids and other items.

Braille Bookstore

Toll-free: 1-800-987-1231

www.braillebookstore.com

Sells Braille books but also sells calendars, magnets, talking clocks and other items.

Computer Resources and Training

Toll-free: 1-800-232-5899

Phone: 828-456-5899

www.readingproducts.com/index.php

Sells optical character readers and magnification products.

Independent Living Aids, Inc.

Toll-free: 1-800-537-2118

www.independentliving.com

Sells devices to increase independence, magnifiers, talking devices, and technology.

Lighthouse International

Toll-free: 1-800-829-0500

Phone: 1-212-821-9200

www.lighthouse.org

Helpful Resources

MaxiAid

Toll-free: 1-800-522-6294

TTY: 1-800-281-3555

www.maxiAids.com

Sells devices to increase independence, computer software, medical devices, magnifiers & bulbs for them, games, etc.

National Federation of the Blind

No toll free number

Phone: 1-410-659-9314

www.nfb.org

Sells products and technology, helpful resources.

NC DIVISION OF SERVICES FOR THE BLIND COMMUNICATIONS UNIT

The North Carolina Division of Services for the Blind has a Communications Unit, which produces material in alternate format-primarily Braille for DSB employees, and for material necessary for DSB consumers to achieve their independent living and/or employment goals at no cost.

Materials for other agencies, groups and individuals are produced in Braille as time permits for a fee per page. Other alternate formats may be produced if the person in need of the material has no other means of obtaining the material in alternate format.

The Unit will follow all copyright laws, specifically Public Law 104-197, which allows the production of material in "specialized formats" (Braille, audio, or digital text which is exclusively for use by blind or other persons with disabilities) without obtaining copyright permission. Large print production is not included in Public Law 104-197. The Unit will not produce textbooks, cookbooks, math, computer codes or foreign language Braille. Consumers will be referred to appropriate resources if the Unit is unable to fulfill requests.

The Communications Unit is located in the Haywood Building, Room 113, 315 Ashe Avenue 27606, 2601 Mail Service Center, Raleigh, NC 27699-2601. The Telephone number is (919) 715-2436 ext. 208.

BRILLE TRANSCRIBING RESOURCES **NC RESOURCES**

1. **Brailing Enterprises**
Ernest & Brenda Tracy
1037 Miller Street
Spindale, NC 28160-2334
Toll-Free: 877-425-8214
Phone: 828-287-5037

2. **Brown Enterprises, Inc. (BE, Inc.)**
Melva Washington Toomer
4303 Armitage Drive
Durham, NC 27703
Office Phone: 919-596-7999
Cell: 919-210-3588
BE, Inc. provides professional quality Braille and Large-print transcribing services. Documents are transcribed from print (hard copy) or electronic formats into single-sided or interpoint Braille. Examples of documents produced are textbooks, instruction manuals, brochures, statements, taxicab rates, letters, and other types of correspondence.

3. **Sheila McCain**
1911 Lake Lucas Rd.
Sophia, NC 27350
Phone: 336-629-4046
Ms. McCain is certified through the Library of Congress. She has a Juliet embosser, uses the Duxbury 10.3 software and produces interpoint. She also has a Thermoform

machine and a Binder.

4. Metrolina Association for the Blind

704 Louise Ave.

Charlotte, NC 28204

Phone: 704-372-3870

Fax: 704-373-3872

Website: www.mabnc.org

Contact person: Linda Strobino at 704-887-5123 or 704-372-3870 for pricing and other information about Braille transcription.

BRILLE SIGNAGE

Dept. of Administration

Division of Facility Management

Raleigh Sign Shop: 919-733-3855

OUT OF STATE RESOURCES

1. Braille Plus

PO Box 1104

Gilbert, AZ 85299-1104

Phone: 480-782-0223

Fax: 480-782-0267

Website: www.brailleplus.com

2. Braille Works

2207 Jaudon Rd.

Dover, FL 33527

Toll-free: 1-800-258-7544

Website: www.brailleworks.com

EDUCATIONAL SERVICES AND RESOURCES FOR CHILDREN

Choosing the most appropriate educational setting for a child is often a major task for any parent. In making the most informed choice about which educational setting is most appropriate for your child, you will likely want to do some research and talk with other parents of children with visual impairments. Listed below are some services and resources you might find helpful in making your decision:

Educational programs within the Department of Health and Human Services (DHHS) serve a unique population of special needs children and clients across the state of North Carolina. DHHS educational services include programs for children with special needs through 21 years of age and for the adult population that have a rehabilitative focus.

The DHHS educational programs are administered by The Office of Education Services (OES). The mission of OES is to provide quality, comprehensive, developmental, and educational opportunities for eligible students ages birth to 21 and their families so that students can develop the skills necessary to lead productive lives - vocationally, socially, and personally - resulting ultimately in the achievement of their highest potential for independent and successful lives. Children from all 100 counties are served by OES.

OES operates the following schools and programs: (1) Governor Morehead School for the Blind; (2) Governor Morehead Preschool; (3) Governor Morehead Outreach Program; (4) North Carolina School for the Deaf in Morganton; (5) Eastern North Carolina School for the Deaf in Wilson; (6)

North Carolina Early Intervention Programs for Children who are Deaf or Hard of Hearing, and (7) The Deaf and Hard of Hearing Children Resource Support Program.

Another vital role of OES is to serve as the liaison between the North Carolina Department of Public Instruction (DPI) and DHHS. Through cooperative agreements with DPI and strong working relationships, OES works with all Local Education Agencies (LEA) throughout North Carolina to support their efforts on behalf of visually impaired, deaf, hard of hearing, and deaf-blind students and their families. Through the Outreach Program of the Governor Morehead School and the Deaf and Hard of Hearing Resource Support Program, OES evaluates students, provides instructional expertise, and offers professional development and training to teachers and other school staff.

Office of Education Services

1020 Richardson Drive, Royster Building
Dorothea Dix Campus
Raleigh, NC 27603
Telephone: 919-855-4430
Fax: 919-715-6625 (Main Office)
Fax: 919-715-3853 (Personnel)

Mailing Address:
Office of Education Services
2302 Mail Service Center
Raleigh, NC 27699-2302
Website: www.ncoes.net

The Governor Morehead School for the Blind

301 Ashe Avenue, Raleigh, NC 27606 - Administration
Mail: 2303 Mail Service Center, Raleigh, NC 27699-2303
Telephone: 1-800-LEA-EYES (Outreach Department)
Phone: 919-733-6382
Fax: 919-715-6582
Website: www.governormorehead.net

Major Services: (1) Educating the total student through service delivery models including public school settings, long and short-term on-campus placements, and K-12 residential and day placements; (2) Utilizing modern distance education classroom and state of the art vision-specific technologies; (3) Serving as a readily available child advocate with parents and professionals; (4) Partnering with North Carolina Central University to improve the professional development center in providing qualified professionals in the vision field; (5) Providing scholars a setting for research in the field of visual impairment education; (6) Braille and Nemeth Code instruction, and (7) Orientation and mobility instruction. Service Area: Statewide. Type and Age Range of Clientele: ages 5 – 21. Average Length of Stay: School year(s) as dictated by the IEP.

The Governor Morehead Preschool Program

301 Ashe Avenue
Mail: 2303 Mail Service Center, Raleigh, NC 27699-2303
Telephone: 919-733-0533
Fax: 919-733-1873
Website: www.governormorehead.net/content/Preschool/preschool.html

Major Services: (1) Early Intervention for children ages birth to two; (2) Developmental Evaluations; (3) Instructional Services for children ages 3-5; (4) Orientation and Mobility; (5) Low Vision Evaluations; (6) Functional Vision Evaluation; (7) Parent Education and Support Activities; (8) Staff Development and Training Activities; (9) Resource/Lending Libraries for Parents and Professionals. Service Area: **Statewide**

All services are provided collaboratively with a variety of agencies and service providers, including the Children's Developmental Services Agencies, local education agencies, private providers, contracted therapists and support staff, and family support agencies. Finally, all services are provided in settings where one might typically find a child under the age of five, including homes, private day care settings, developmental day programs, in-home child care settings, and public school classrooms. Ninety-nine percent of the services provided are done so itinerantly. Type and Age Range of Clientele: Children ages birth to five years with diagnosed visual impairments. This includes children with multiple needs who also have a visual impairment. Average Length of Stay: Children seen in this program receive itinerant services in their communities. The amount/duration of services varies, based on individual child need. No child served through this program lives on the campus of The Governor Morehead School.

Early Intervention Branch

Children's Developmental Service Agencies
NC Division of Public Health
5605 Six Forks Road, Raleigh, NC
Mail: 1916 Mail Service Center Raleigh, NC 27609-1916
Phone: 919-707-5520
Fax: 919-870-4834
Website: www.ncei.org/ei/index.html

The Children's Developmental Service Agencies (CDSA), as lead agency for Part C of Individuals with Disabilities Education Act (IDEA) seeks to identify, evaluate, and provide services to children with developmental problems. The emphasis is on early diagnosis and treatment, so that a child and his/her family can achieve their full potential. The CDSA consists of a statewide network of 18 regional agencies.

Major Services: (1) Provide evaluations for children birth to three (and 3, 4 and 5 year olds as resources permit) with or at risk developmental delays, developmental disabilities, or atypical developmental (socio-emotional disorders); (2) Provide service coordination to children and families enrolled in the Infant- Toddler Program and (3) Contract with other private and public providers for all other services. Service Area: **Statewide** Type and Age Range of Clientele:
See Infant-Toddler Program

Infant-Toddler Program

Early Intervention Branch
NC Division of Public Health
5605 Six Forks Road, Raleigh, NC, 27609
Mail: 1916 Mail Service Center, Raleigh, NC 27699-1916
Phone: 919-707-5520
Fax: 919-870-4834
Website: www.ncei.org/ei/itp.html

The Early Intervention Branch of the Women's and Children's Health Section of the Division of the Public Health, serves as the lead agency for this initiative. Local lead agency role rests with the Children's Developmental Services Agencies, (CDSA). There are 18 CDSAs that serve single or multi-county county areas in NC. The Infant-Toddler Program is very much an interagency effort with participation from the Division of Child Development, Division of Medical Assistance, Office of Education Services, Department of Public Instruction, North Carolina Partnership for Children, Department of Defense, and the Eastern Band of Cherokee Nation. The specific responsibilities of these agencies are set forth in an interagency agreement that focuses on coordination of all available resources and services. A state level Interagency Coordinating Council composed of parents, legislators and service providers assist in planning and evaluating services. Service Area: **Statewide**

Major Services: (1) Multidisciplinary evaluations; (2) Service coordination; (3) Special instruction; (4) Speech/physical/occupational therapy; (5) Family Support and counseling; (6) Related health/nutrition services; (7) Respite care, and (8) Assistive technology. The actual mix of services provided for each child is based on Individualized Family Service Plan (IFSP) developed by the family and the involved service providers. Services are provided in a variety of settings such as community child care centers and the child's home. **Type and Age Range of Clientele:** Children under the age of three with or at risk for developmental delays,

developmental disabilities, or atypical developmental (socio-emotional disorders) and their families are the recipients of services.

Other Resources:

NC Council on Developmental Disabilities

3801 Lake Boone Trail, Ste. 250

Raleigh, NC 27607

Telephone: 919-420-7901

Toll-Free: 800-357-6916

Website: www.ncddc.org

North Carolina Alliance for Parents of Visually Impaired Children

Susan Potter, President

1609 Sherburg Court

Raleigh, NC 27606

Telephone: 919-851-0468

North Carolina Department of Public Instruction

Education Building

301 N. Wilmington Street

Raleigh, NC 27601- 2825

Telephone Main Switchboard: 919-807-3300

Website: www.dpi.state.nc.us

POSTSECONDARY EDUCATION

Making the decision to go on for further education after high school is a big step for any student but especially for a student with a disability. Here are some things to take into consideration.

Choosing the right technical school, college or university will require a considerable amount of thought and effort. First, you need to determine what type of training/education is required for the type of career you want. You can get assistance from your high school counselor or DSB counselor with choosing a career goal and then finding out what type of education is required. Next, you need to find out what schools or colleges offer the type of training or college degree you want to obtain. Most technical schools or colleges offer certification or Associates Degree, (A.D.) in a particular type of training such as, secretarial, nursing assistant, or computer software. Colleges and Universities offer a four year degree, Bachelor of Science or Art Degree, (B.S. /B.A.), in a wide range of majors but not all colleges offer all majors. Be sure the college you are applying to offers the degree program you need. Again, your high school or NC Division of Services for the Blind counselor can help you to identify appropriate colleges.

As a person with a disability, one of the most important things to know is what type of accommodations you will need in college, (i.e. readers, extra time for tests, Braille materials, adaptive technology, etc.). This should be taken into consideration when deciding on what colleges to apply to. Once you have selected colleges of interest, then the next step should be contacting the person who coordinates services for disabled students. Although all colleges must provide reasonable accommodations, as required by the Americans with Disabilities Act, some are better equipped and more knowledgeable about the accommodations. You may find that a small college typically has not had many students who are visually impaired and may not have the experience of knowing what type of accommodations are used, while a large college may have the knowledge and equipment but your classes may be large and getting individualized assistance may be difficult. So it is important to get a sense of how well accommodations are provided at a particular college. Remember, when you are in college, advocating for your accommodations will be your responsibility. Your parents or teachers can not do it for you.

Another significant consideration is the cost of attending college. North Carolina Colleges and Universities are less expensive than private colleges or universities. The NC Division of Services for the Blind will assist with college expenses for qualified students who are visually impaired. Many students may qualify for Federal or State educational grants as well as certain scholarships. You will need to apply for these educational resources prior to receiving funding from the Division. For information about financial aid and scholarships, contact the financial aid office at the college where you are applying.

For more information about preparing for and finding a college, or financial assistance, as well as scholarship and grant information go to the College Foundation of North Carolina at, www.cfnc.org.

Other Resources:

Recordings for the Blind and Dyslexic

20 Roszel Road
Princeton, NJ 08540
Toll-Free: 866-RFBD-585 (866-732-3585)
Website: www.rfbd.org

Recordings for the Blind and Dyslexic provides textbooks in audio format. You must become a member or attend a school that has a membership to obtain books.

The Hadley School

700 Elm Street
Winnetka, IL 60093-2554
Toll Free: 1-800-323-4238
Phone: 847-446-8111
Fax: 847-446-9916
Website: www.hadley.edu/default.asp

The Hadley School offers correspondence courses in a wide array of subjects such as, academic, technology, foreign languages, Braille, and many others.

HOUSING

People with disabilities strive for opportunities to pursue interests and achieve goals while accepting their limitations. Securing affordable, accessible, and appropriate housing is essential for all people to pursue life with purpose. Individuals who have stable housing are better able to achieve other important life goals such as obtaining an education, job training, and the opportunity to participate in the community. However, for many people with disabilities, the greatest opportunity for personal achievement and true community participation is the lack of an affordable housing situation. There are many agencies and resources available throughout the state to advocate and assist individuals with finding affordable housing. The Social Worker for your county is a reliable source of information of available housing for your County. Other agencies include:

NC Housing Search: List available apartments by location with details about accessibility for each unit. Additional information is available by phone at (877) 428-8844 or visit the web at: www.nchousingsearch.com.

NC Housing Coalition: Provides a County specific Housing Resource Guide. Additional information is available by phone at (919) 881-0707 or visit the web at: www.nchousing.org

NC Housing Finance Agency: Provides information about Low-Income Housing by county and accessibility. Provide resources by criteria such as family, or senior units, and availability of rental assistance. Additional information is available by phone at (800) 393-0988 or visit the web at: www.nchfa.com

NC Division of Aging and Adult Services (DAAS): Includes listings of housing developed prior to 2000. These are units predominately for individuals over 55, with many also available for persons with disabilities of any age. Additional information is available by phone at (919) 733-3983 or visit the web at: www.ncdhhs.gov/aging.

US Department of Housing and Urban Development: Provides assistance with locating affordable apartments for low income families, the elderly, and persons with disabilities. USDA will also provide assistance with low interest home repair and improvement loans and grants. Local housing agents are listed by state and county or by contacting (800) 225-5342 or visit the web at: www.hud.gov.

Rural Development: This program funds multifamily and elderly properties in rural communities, which are also available to persons with disabilities. Information is available by town, zip code, property name, or management company. Additional information is available by phone at (800) 670-6553 or visit the web at: www.rurdev.usda.gov.

LEGAL RIGHTS

There are several laws that support the rights of people with disabilities. In this section a brief description of each law will be provided, as well as resources to find out more information.

THE AMERICANS WITH DISABILITIES ACT

The Americans with Disabilities Act (ADA) prohibits discrimination against individuals with disabilities in the workplace, in state and local government programs and activities, and in places of public accommodation.

Americans with Disabilities Hotline

Toll-Free: (800) 949-4232

American Foundation for the Blind

Voice (212) 502-7600

E-mail: afbinfo@afb.net

Of Consuming Interest: A Guide to Titles II & III of the ADA for People with Vision Loss
www.afb.org/section.asp?SectionID=3&TopicID=136&DocumentID=525

ADA Checklist: Health Care Facilities and Service Providers
www.afb.org/section.asp?SectionID=3&TopicID=136&DocumentID=529

ADA Checklist for Hotels and Motels
www.afb.org/section.asp?SectionID=3&TopicID=136&DocumentID=531

Department of Justice

Toll-Free: 1-800-514-0301

TTY: 1-800-514-0383

ADA Home Page

<http://www.ada.gov>

Title II/Section 504 complaint form (available in printable HTML format)
www.ada.gov/t2cmpfrm.htm

How to File a Title III Complaint

<http://www.ada.gov/t3compfm.htm>

ADA Tax Incentive Packet for Businesses:

A packet of information to help businesses understand and take advantage of the tax credit and deduction available for complying with the ADA.

<http://www.ada.gov/taxpack.htm>

Service Animals

<http://www.ada.gov/svcanimb.htm>

Guide for Places of Lodging: Serving Guests Who Are Blind or Who Have Low Vision

www.ada.gov/lodblind.htm

Contact the Disability Rights Section

www.usdoj.gov/crt/drssec.htm

A Guide to Disability Rights Laws:

This guide provides an overview of Federal civil rights laws that ensure equal opportunity for people with disabilities. To find out more about how these laws may apply to you, contact the agencies and organizations listed.

<http://www.ada.gov/cguide.htm>

ADA Information Services

This document contains the telephone numbers and Internet addresses of federal agencies and other organizations that provide information about the Americans with Disabilities Act (ADA) and informal guidance in understanding and complying with different provisions of the ADA.

<http://www.ada.gov/agency.htm>

Americans with Disabilities Act

ADA Coordinator for North Carolina
NC Division of Services for the Blind
309 Ashe Avenue
2601 Mail Service Center
Raleigh, NC 27699 2601
Phone: 919-733-9700

Governor's Advocacy Council for Persons with Disabilities (GACPD):

The (GACPD) is part of a nationwide system of protection and advocacy agencies. It is a civil rights protection agency committed to serving citizens with disabilities.

Physical Address:

GACPD

Bryan Building, Suite 218

2113 Cameron Street

Raleigh, NC 27605 1344

Mailing Address:

GACPD

1314 Mail Service Center

Raleigh, NC 27699-1314

Telephone: 919-733-9250 (Voice/TTY)

Toll Free: 1-800-821-6922

The following are two advocacy organizations for people who are visually impaired.

American Council of the Blind

Telephone: 1-202-467-5081

Toll Free: 1-800-424-8666

www.acb.org

National Federation of the Blind

Telephone: 1-410-659-9314

www.nfb.org

Equal Employment Opportunity Commission

Toll-Free: 1-800-669-4000

TTY: 1-800-669-6820

By Email: Please include your zip code and/or city and state so that your email will be sent to the appropriate office.

info@ask.eeoc.gov

EEOC and Title I of the ADA

www.eeoc.gov/ada/

Facts About the Americans with Disabilities Act

www.eeoc.gov/facts/fs-ada.html

Department of Labor

Office of Disability Employment Policy

Toll-Free: 1-866-ODEP-DOL (633-7365)

TTY: 1-877-889-5627

The Office of Disability Employment Policy:

ODEP provides brochures on public accommodations, employment, telecommunications, and other key provisions of the ADA.

www.dol.gov/odep/pubs/publicat.htm

Employment Rights Who has them and Who Enforces Them

www.dol.gov/odep/pubs/fact/rights.htm

What to Do If You Think You Have Been Discriminated Against

www.dol.gov/odep/pubs/ek97/what2do.htm

Job Accommodation Network

Telephone: 1-800-526-7234 in the United States

1-800-ADA-WORK in the United States

304-293-7186

TTY: 1-877-781-9403

The Job Accommodation Network is a free service of the Office of Disability Employment Policy of the U.S. Department of Labor.

Portal for Individuals with Disabilities

<http://www.jan.wvu.edu/indiv/index.htm>

ADA Information

www.sedbtac.org/

Department of Transportation

Office of Communications and Congressional Affairs

Telephone: 202-366-4043

For North Carolina: Atlanta Federal Center

Telephone: 404-562-3500

Federal Transit Administration ADA Information

www.fta.dot.gov/civilrights/civil_rights_2360.html

Rider Complaint Form in HTML

www.fta.dot.gov/civilrights/ada/civil_rights_3889.html

Americans with Disabilities Act (ADA) Paratransit Eligibility Manual

<http://ntl.bts.gov/DOCS/ada.html>

Small Business Administration

Toll-Free: 800-U-ASK-SBA (1-800-827-5722)

TTY: 704-344-6640

Guide for Small Businesses and Other ADA Information

www.sba.gov/ada/

Social Security Administration

Toll-Free: 1-800-772-1213

TTY: 1-800-325-0778

Americans with Disabilities Act: A Guide for People with Disabilities Seeking Employment

<http://www.socialsecurity.gov/work/adainfo.html>

THE REHABILITATION ACT

Section 501 of the Rehabilitation Act prohibits discrimination on the basis of disability in Federal employment and applicants for employment. Federal agencies are required to make reasonable accommodations for qualified employees or applicants with disabilities. Section 504 extends this prohibition to federal contractors.

Equal Employment Opportunity Commission

Toll-Free: 1-800-669-4000

TTY: 1-800-669-6820

Information for federal employees including Sec. 501

www.eeoc.gov/facts/fs-fed.html

Employment Rights of an Individual with a Disability

www.eeoc.gov/facts/ada18.html

Section 504 of the Rehabilitation Act of 1973, as amended, prohibits discrimination against

persons with disabilities in access to and participation in federally funded programs. Examples of federally funded programs include, but are not limited to: institutions of higher education, national parks and recreation facilities and almost any other kind of government program that receives federal funds. Elementary and secondary school students, parents, and teachers are also covered. The law also provides for what is called “reasonable accommodations.” For someone who is blind or visually impaired an example of an accommodation might be to provide materials in alternative formats such as Braille or in an audio format, a person to read materials not available in these formats, or assistive technology such as a screen reader or magnification program so that they can use a computer. Federal agencies have administrative procedures to provide for the filing of complaints based on discrimination and a failure to accommodate. These are generally handled through the same offices which handle equal employment opportunity complaints or other personnel-related actions. To file a complaint under Section 504, contact the Federal agency providing the funds for the program or service.

Legal Foundations of the Right to Accessible Information

www.afb.org/section.asp?SectionID=3&TopicID=136&DocumentID=169

Federal Agency Section 504 Contacts List

www.access-board.gov/enforcement/504.htm

The Department of Education

Toll-Free: 1-800-USA-LEARN (1-800-872-5327)

TTY: 1-800-437-0833

Protecting Students with Disabilities: Frequently Asked Questions about Section 504 and the Education of Children with Disabilities.

This set of FAQs was prepared by Office of Civil Rights (OCR) in partnership with the Wisconsin Department of Public Instruction and the Wisconsin Council of Administrators of Special Services.

www.ed.gov/about/offices/list/ocr/504faq.html?exp=0

The Civil Rights of Students with Hidden Disabilities under Section 504 of the Rehabilitation Act of 1973. (Code No. 22) (1995). This pamphlet answers questions about the civil rights of students with hidden disabilities and the responsibilities of

Department of Education (ED) recipients.

www.ed.gov/about/offices/list/ocr/docs/hg5269.html

OCR Complaint Process

www.ed.gov/about/offices/list/ocr/complaints-how.html

Pacer Center

Phone: 952-838-9000

TTY: 952-838-0190

ADA Q&A: Section 504 & Postsecondary Education

www.pacer.org/publications/adaqa/504.asp

ADA Q&A: The Rehabilitation Act and ADA Connection

<http://www.pacer.org/publications/adaqa/adaqa.asp>

Department of Justice

www.usdoj.gov

The Department of Justice has a complaint procedure which can be found at:

<http://www.ada.gov/t2cmpfrm.htm>

Individuals also have the right to bring suit in the courts for the lack of access to or opportunity to participate in a federally funded program.

Department of Health and Human Services Office for Civil Rights

Toll-Free: 1-800-368-1019

TTY: 1-800-537-7697

Your Rights under Section 504 of the Rehabilitation Act

www.hhs.gov/ocr/civilrights/understanding/index.html

Department of Housing and Urban Development

Telephone: 202-708-1112

TTY: 202-708-1455

HUD's Section 504 One-Stop Web Site

www.hud.gov/offices/fheo/disabilities/sect504.cfm

Section 508 of the Rehabilitation Act requires that all "electronic and information technology" (EIT) developed, procured, maintained, or used by federal agencies must be equally accessible to persons with disabilities as it is to those who are not disabled. The statute and the implementing standards help to create an accessible workplace for federal employees with disabilities. When EIT conforms to the requirements of section 508, people who are blind or visually impaired are able to access and use government information and services as independently and effectively as those who are sighted. Through the use of technology, filling

out an electronic form, keeping a copy of the form, or accessing information describing a federal program is as accessible for persons with disabilities as it is for those without disabilities. People who are blind or visually impaired can locate, identify and operate the controls, and functions of any information technology used to provide government information, whether it is on the web, or in a kiosk. Memo Regarding Remedies Available Under Section 508 of the Rehabilitation Act

www.afb.org/section.asp?SectionID=3&TopicID=135&DocumentID=298

Section 508: The Road to Accessibility

<http://www.section508.gov/index.cfm?FuseAction=content&ID=12>

Department of Justice Section 508 Home Page

www.usdoj.gov/crt/508/508home.html

Understanding Section 508 and the Access Board's Standards

<http://www.access-board.gov/508.htm>

Federal Accessibility Standards for Web-based Intranet and Internet Information and Applications

<http://www.access-board.gov/sec508/guide/1194.22.htm>

Information Technology Technical Assistance and Training Center

www.section508.gov/index.cfm?FuseAction=Content&ID=5

INDIVIDUALS WITH DISABILITIES EDUCATION ACT

The Individuals with Disabilities Education Act (IDEA) guarantees children with disabilities access to a free, appropriate public education, and appropriate support and services, such as instruction in Braille, orientation and mobility instruction, and textbooks and other instructional materials in accessible formats.

On December 3, 2004, President Bush signed into law the Individuals with Disabilities Education Improvement Act (P.L. 108-446) which reauthorizes the Individuals with Disabilities Education Act. The legislation, now known as IDEA, was first enacted in 1975. Since that time it has undergone periodic revisions (known as reauthorizations.) The most recent reauthorization was completed in 2004 and culminated in the recently signed law.

For more information about the new provisions:

www.afb.org/Section.asp?SectionID=3&TopicID=138&DocumentID=2712

A Primer on the IDEA 2004 Regulations:

www.cec.sped.org/AM/Template.cfm?Section=Home&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=7601

www.wrightslaw.com/idea/index.htm.

Or contact:

Office of Special Education and Rehabilitative Services

U.S. Department of Education

400 Maryland Ave., S.W.

Washington, DC 20202-7100

Phone: 202-245-7468

HELP AMERICA VOTE ACT (HAVA)

After the chaos and allegations of elections fraud surrounding the 2000 Presidential elections, Congress passed the Help America Vote Act (HAVA). The Act seeks to replace antiquated punch cards which were the source of many problems. In addition, the Act seeks to make election procedures in general more uniform and ensure that voters are not discriminated against. The Act has three major titles. Under Title I, states are required to develop plans to improve the election systems. Federal funds have been made available to assist states in making these improvements. Voting systems must provide for independent and private voting for all voters including disabled citizens and must allow voters to verify their selections and make changes before casting their vote. Voting systems must create records that may be recounted and audited. There must also be a provisional ballot which allows voters to cast ballots when there is a problem with any vote cast, question of registration, which precinct to vote at and other issues which may arise on Election Day. The state must have procedures for reviewing provisional ballots and counting them.

States are not required to take any particular action to improve their election systems but may use these funds for the following:

- Complying with the requirements under Title III for a uniform, non-discriminatory voting system.
- Improving the administration of elections for Federal offices.
- Educating voters concerning voting procedures, voting rights, and voting technology.
- Training election officials, poll workers, and election volunteers.
- Developing the State plan for requirements payments to be submitted under Part 1 of subtitle D of Title II.
- Improving, acquiring, leasing, modifying, or replacing voting systems and technology and

methods for casting and counting votes.

- Improving the accessibility and quantity of polling places, including providing physical access for individuals with disabilities, providing non-visual access for individuals with visual impairments, and providing assistance to Native Americans, Alaska Native citizens, and to individuals with limited proficiency in the English language.
- Establishing toll-free telephone hotlines that voters may use to report possible voting fraud and voting rights violations, to obtain general election information, and to access detailed automated information on their own voter registration status, specific polling place locations, and other relevant information.

www.fec.gov/hava/hava.htm

State Board of Elections

www.sboe.state.nc.us

Mailing Address: PO Box 27255, Raleigh, NC 27611-7255

Physical Address: 506 North Harrington St, Raleigh, NC 27603

Main Number: 919-733-7173

Fax/Administration: 919-715-0135

Campaign Reporting: 919-715-8047

Information Systems: 919-715-1344

E-Mail: Elections & Voting - elections.sboe@ncmail.net

Campaign Finance Reporting - campaign.reporting@ncmail.net

SPECIAL PRIVILEGES FOR INDIVIDUALS **WHO ARE VISUALLY IMPAIRED**

Free Matter for the Blind- The U.S. Postal Services provides free mailing services to mail large print, Braille, and recorded materials. "Free Matter for the Blind" must be written in the space where the postage stamp would normally be placed.

This is the website for the eligibility standards for Free Matter for the Blind:

www.usps.com/cpim/ftp/pubs/pub347/welcome.htm

Free Fishing License: The North Carolina Wildlife Commission provides a permanent Hook-And-Line License for North Carolina residents who are legally blind. Contact the Commission at 1-888-248-6834 to request an application or go to the website for an application:

<http://www.ncwildlife.org/License/index.htm>

Picture Identification Cards- The Department of Motor Vehicles provides picture identification cards for people who, because of visual loss, cannot obtain a North Carolina Driver License. There is a charge for this special ID and for more information, contact your local Driver's License Office (DMV). For ID card customers 70 and older, your duplicate ID card is free.

Handicapped Parking Decals- The North Carolina Department of Motor Vehicles provides special decals permitting you to park in designated parking (Handicapped Parking). There is a charge for this service. For more information, contact your local Driver's License Office. The application can be found at www.ncdot.org/dmv/forms/

Tax Exemption and Deductions- Federal and State Government provide special provisions specifically for people who are blind. You may qualify for an extra exemption and/or disability-related cost deduction. Disability-related cost deduction could be the cost incurred in maintaining a dog guide, cost of specialized aids and equipment, etc. It is important for you to keep records of expenses and consult with a qualified tax preparer or the Internal Revenue Service for assistance on which expenses you might deduct.

Telephone Direction Assistance- Local telephone companies provide free Directory Assistance (411) if your vision prevents you from accessing the regular telephone directory. For more information contact your local telephone company.

As these are special privileges for people who are blind, they require proof of disability. The document normally required is a recent eye report or a certificate from the NC Division of Services for the Blind verifying your disability. Additionally, proof of age and identity such as an

original birth certificate, official school record, marriage license, etc., may be required for certain privileges.

RECREATIONAL AND LEISURE ACTIVITIES

If you enjoy fishing, camping, bowling or reading a good book, you will find helpful resources for these activities as well as many more in this section. There is information related to a wide array of recreational activities to do in North Carolina or in your local community, as well as leisure activities to do at home. If you enjoy reading in your leisure time and you cannot do so due to visual loss or other physical disabilities which keep you from accessing regular printed materials, you will probably qualify for these services. There are books and magazines for all ages and all reading interests. You will find most books, available in the typical public library, available to you in large print, Braille, or audio tape. There is no cost to you for these services. You may call the Library directly. If you are outside Raleigh, you may use the toll free number listed below.

North Carolina Library for the Blind and Physically Handicapped

1811 Capital Boulevard

Raleigh, NC 27635

Telephone: 919-733 4376 (Raleigh only)

TDD: 919-733 1462

Toll Free: 1-888-388 2460 (Nationwide)

<http://statelibrary.ncdcr.gov/lbph/lbph.htm>

Radio Reading Services

Radio Reading Services are available in many counties of the state. Many interesting topics can be heard over your radio using a special receiver. These include store advertisements, classified ads, and current events. Listed below are Radio Reading Services in North Carolina. Please contact your nearest service provider for further information.

RAISE

75 Haywood St., Suite G5

Asheville, NC 28801

Telephone: 828-251-2166

Website: www.raisewnc.org

Charlotte Readers Information Service (CRIS)

P.O. Box 1904

Huntersville, NC 28070-1904

Phone: 704-875-0040

Website: www.cris-nc.org/

Down East RRS

P.O. Box 8076

Rocky Mount, NC 28704

Phone: 252-443-7551

Website: www.downeastreading.org

EARRS

P.O. Box 144

Wilmington, NC 28402

Telephone: 910-362-0903

Website: www.earrs.org

Eastern NCRRS

P. O. Box 20555

Greenville, NC 27858

Telephone: 252-758-4683

Website: radioreadingservicenc@netzero.net

Southeastern NCRRS

P.O. Box 35029

1200 Murchison Road, FSU

Fayetteville, NC 28301

Telephone: 910-486-7007

Toll Free: 1-800-313-7007

Website: www.sencrrs.com

Triad Information Reading Service

Winston-Salem, NC

Phone: 336-758-6011

Website: <http://tirs.wfu.edu>

Triangle RRS

211 East Six Forks Road, Suite 103

Raleigh, NC 27609-7743

Telephone: 919-832 5138

Website: www.trianglereadingservice.org

WZRU-Radio Reading Service

PO Box 1149

Roanoke Rapids, NC 27870-1149

Telephone: 252-308-0885

Also try www.ncarrs.org - access information about NC Radio Reading Programs.

Parks and Recreation

In some North Carolina cities, the Department of Parks and Recreation have a special recreational program designed for people who are blind or visually impaired. Activities may include arts and crafts, sports, attending plays, movies, etc.

With the assistance from Parks and Recreation, two major sports have developed which are highly recognized through the state. Many people enjoy bowling and beep ball (an adapted form of baseball). For more information about these and other recreational opportunities, call your area Social Worker for the Blind at your local Department of Social Services or call (866) 222-1546. For Spanish speaking callers, CARE-LINE (800) 662-7030

In North Carolina, Lions are active in providing recreational opportunities for people who are blind or visually impaired. Two major activities supported by Lions are:

Camp Dogwood - Camp Dogwood for the Blind is a beautiful, modern facility on Lake Norman, one hour north of Charlotte, North Carolina, near Mooresville, North Carolina. The NC Lions Clubs fund Camp Dog-wood. Meals are served on campus. Housing varies from dorms with single beds and group baths to motel type rooms with private baths.

Lions Camp Dogwood

PO Box 39/7050

Sherrills Ford, NC 28673

Toll-free: 1-800-662-7401

Website: www.nclf.org

Fishing Tournament - Annually, more than 500 people attend this 4 day gala event held in the early fall at Nags Head, North Carolina. The four days are filled with fun and competition. To participate in either of these activities or to find out more information, call the Social Worker for the Blind in your county.

Lions VIP Fishing Tournament

PO Box 140
Columbia, NC 27925
Phone: 252-441-4966
Email: nclions@ncf.org
Website: www.ncf.org

Other Recreational Resources

American Council of the Blind

1155 15th St. NW, Suite 1004
Washington, D.C. 20005
Toll-Free: 1-800-424-8666
Phone: 202-467-5081
Fax: 202-467-5085
Website: www.acb.org

Affiliates: www.acb.org/affiliates/index.html

National organization of the blind with state and local chapters; has free monthly magazine in large-print, Braille, tape, and on computer disks (3.5 floppy disk).

Descriptive Video Service (DVS)

Phone: 617-300-3600 (voice/TTY)
Fax: 617-300-1020
Email: access@wgbh.org
Website: <http://main.wgbh.org/wgbh/access/>

The national service makes Public Broadcasting Service (PBS) television programs, Hollywood movies and other media available to blind and visually impaired consumers. DVS provides audio descriptions of the key elements in a “feature” without interrupting the dialogue of the “feature.”

You can also access DVS through the NC Library for the Blind.

Hook-and-Line Fishing License

NC Wildlife Resources Commission
License Section
1707 Mail Service Center
Raleigh, NC 27699-1707
Toll-Free: 1-888-248-6834
Website: www.ncwildlife.org

It offers a free permanent fishing license for consumers who are legally blind

The Hadley School

700 Elm Street

Winnetka, IL 60093-2554

Toll Free: 1-800-323-4238

Phone: 847-446-8111

Fax: 847-446-0855

Email: info@hadley.edu

Website: www.hadley.edu/default.asp

National Federation of the Blind

1800 Johnson Street

Baltimore, MD 21230

Toll Free: 1-888-724-6423

Phone: 410-659-9314

Fax: 410-685-5653

Website: www.nfb.org

National Federation of the Blind NEWSLINE

Access through the NC Library for the Blind or the National Federation of the Blind at 866-504-7300.

Narrative Television Network (NTN)

5840 South Memorial Drive, Suite 312

Tulsa, OK 74145-9082

Toll free: 1-800-801-8184

Phone: 918-627-1000

Website: www.narrativetv.com

Provides a TV guide of all narrated network programming and consumers can enjoy free narrated programming on the web.

International Association of Audio Information Services (IAAIS)

Phone: 1-800-280-5325

Website: www.iaais.org/locateservice.html

The IAAIS provides audio access to consumers who are disabled (visually, learning and physically). It provides a guide to Radio Reading Service websites.

Low Vision Recreational Resources

Choice Listening Magazine

85 Channel Dr

Port Washington, NY 11050-2216

Phone: 516-883-8280

Fax: 516-944-6849

Access player through NC Library for the Blind

Website: www.choicemagazinelistening.org

Provides free bi-monthly selected articles from current magazines. They have a catalog on tape that lists all educational resources. Also check with NC Library for the Blind.

The Doubleday Large Print Home Library

Member Services

1225 South Market St.

Mechanicsburg, PA 17055

Website: www.doubledaylargeprint.com

Provides hardback editions of "best sellers" in large print, tape, and videos

Thorndike Press

An imprint of Thomson Gale

295 Kennedy Memorial Drive

Waterville, ME 04901

Orders/Customer Service: 1-800-223-1244, ext. 4

Fax Orders: 1-800-558-4676

Website: <http://thorndike.gale.com/>

Provides sale of large-print books

New York Times/Large Type Weekly

229 W. 43rd Street

New York, NY 10036

Toll-Free: 1-800-631-2580

Phone: 212-556-1234

Fax: 212-556-1748

NYTIMES Store Toll Free: 1-800-671-4332

Website: <http://homedelivery.nytimes.com>

Provides large-type weekly subscriptions

Reader's Digest Large Type for Easier Reading

1 Reader's Digest Road
Pleasantville, NY 10570-7001
Customer Service Toll Free: 1-800-304-2807
Website: www.rd.com

Offers subscriptions of the magazine monthly in large-type.

Ulverscroft Large Print (USA), Inc.

PO Box 1230
West Seneca, NY 14224-1230
Toll-free: 1-800-955 9659
Telephone: 716-674 4270
Fax: 716-674 4195
Website: www.edisure.com/~ulverscroft/usa/usindex.html

Provides sale of large-print books.

American Audio Prose

P.O. Box 842
Columbia, MO 65205
Telephone: 573-443-0361
Toll-Free: 1-800-447-2275
Website: www.americanaudioprose.org

Provides contemporary fiction and poetry on tape.

American Printing House for the Blind

P.O. Box 6085
1839 Frankfort Avenue, Box 6085,
Louisville, KY 40206-0085
Toll-Free: 1-800-223-1839
Phone: 502-895-2405
Website: www.aph.org

Provides textbooks and reading materials in Braille, large print, and tape. Produces magazines such as Reader's Digest on tape. All titles are not available in all formats.

Recordings for the Blind and Dyslexic

20 Roszel Road

Princeton, NJ 08540

Toll-Free: 1-866-732-3585

Website: www.rfbd.org

Records educational and text books in audio and digital format.

Betty Crocker/General Mills

PO Box 1113

Minneapolis, MN 55440

Toll-Free: 1-800-446-1898

Creates cookbooks and meal planners in audio, large print, and Braille; large print recipes

Walker and Company

104 Fifth Ave.

New York, NY 10011

Toll-Free: 1-888-330-8477

Phone: 212-727-8300

Website: www.walkerbooks.com

Offers soft-cover inspirational books in large-print.

ZBS Foundation

174 North River Road

Fort Edward, NY 12828

Toll-Free: 1-800-662-3345

Website: www.zbs.org

Offers audio tapes on science fiction.

Braille Resources

www.braille.org/braille_books/ - largest electronic (e-Braille) book collection.

www.hotbraille.com – free Braille transcribing service on the internet.

Learning Braille

www.brl.org - Braille Through Remote Learning

www.brl.org/flashcards/ - Braille flash cards

The Hadley School

700 Elm Street

Winnetka, IL 60093 - 2554

Toll Free: 1-800-323-4238

Phone: 847-446-8111

Fax: 847-446-9916

Website: www.hadley.edu

www.indynerds.com/braille01.htm- Dave's Braille Lessons for sighted People.

www.afb.org/braillebug/ - A ladybug decorated with Braille cell dots in-troduces Braille.

Other Braille Resources

American Printing House for the Blind

1839 Frankfort Avenue

PO Box 6085

Louisville, KY 40206-0085

Phone: 502-895-2405

Toll Free: 1-800-223-1839

Fax: 502-899-2274

Website: www.aph.org

National Braille Press

88 St. Stephen Street

Boston, MA 02115-4302

Phone: 617-266-6160

Toll Free: 1-888-965-8965

Fax: 617-437-0456

Website: www.nbp.org

Howe Press

Perkins School for the Blind

175 N. Beacon Street

Watertown, MA 02472

Phone: 617-924-3434

Fax: 617-926-2027

Website: www.perkins.org

Religious/Bible Resources

Aurora Ministries

PO Box 621

Bradenton, FL 34206

Phone: 941-748-3031

Website: www.auroraministries.org

Christian Record Services, Inc.

PO Box 6097

Lincoln, NE 68506-0097

Phone: 402-488-0981

Website: www.christianrecord.org

JBI International – provides Jewish reading materials in Braille, large-print, and talking books.

110 East 30th Street

New York, NY 10016

Toll-Free: 1-800-433-1531

Phone: 212-889-2525

Website: www.jbilibrary.org

American Bible Society

1865 Broadway

New York, NY 10023-7505

Phone: 212-408-1200

Website: www.americanbible.org

Jewish Guild for the Blind

15 West 65th Street

New York, NY 10023

Toll Free: 1-800-284-4422

Phone: 212-769-6200

Website: www.jgb.org

Xavier Society for the Blind

154 East 23rd Street

New York, NY 10010-4595

Toll-Free: 1-800-637-9193

Phone: 212-473-7800

Website: www.xaviersociety.com

Provides Catholic religious materials in Braille, tape, and large print.

Braille Bible Foundation

PO Box 948307

Maitland, FL 32794-8307

Toll-Free: 1-800-766-9080

Telephone: 407-834-3628

Fax: 407-834-9953

Offers the King James Bible in 18-point and 24-point type to consumers with a visual disability with documentation. They also offer the KJV of the pocket audio Bible.

GETTING A DOG GUIDE

Many people who are blind will elect to use a white cane as an aid in traveling safely and independently, while some people feel more comfortable using a dog guide. If you are considering a dog guide, gathering all the information you will need to make an informed decision is an important step to take. Should you elect to pursue a dog guide; the NC Division of Services for the Blind can provide you with information on the various schools. To find the contact information for the district office nearest you, go to the CONTACT US section.

Listed below are schools providing dog guides and training:

- Guide Dog Foundation for the Blind, Inc.
371 East Jericho Turnpike
Smithtown, NY 11787-2976
Toll-Free: 1-800-548-4337
Phone: 631-930-9000
Website: www.guidedog.org
- Guide Dogs for the Blind, Inc.
PO Box 151200
San Rafael, CA 94915-1200
Toll-Free: 1-800-295-4050
Phone: 415-499-4000
Website: www.guidedogs.com
- Guiding Eyes for the Blind, Inc.
611 Granite Springs Road
Yorktown Heights, NY 10598
Toll-Free: 1-800-942-0149
Phone: 914-245-4024
Website: www.guidingeyes.org
- Leader Dogs for the Blind
PO Box 5000
1039 South Rochester Road
Rochester, MI 48307
Toll-Free: 1-888-777-5332
Phone: 248-651-9011
Website: www.leaderdog.org

- Pilot Dogs, Inc.
625 West Town Street
Columbus, OH 43215-4496
Phone: 614-221-6367
Website: www.pilotdogs.org
- Seeing Eye, Inc.
PO Box 375
Morristown, NJ 07963-0375
Phone: 973-539-4425
Website: www.seeingeye.org
- Southeastern Guide Dogs
4210 77th Street East
Palmetto, FL 34221
Toll-Free: 1-800-944-3647
Phone: 941-729-5665
Website: www.guidedogs.org

For more information about becoming a guide dog user, access laws, and traveling with a guide dog, the following is a consumer and advocacy organization.

- Guide Dog Users Inc.
14311 Astrodome Dr.
Silersprings MD 20906
Toll-Free: 1-888-858-1008
NC Phone contact: 919-855-9618
Phone: 919-855-9618
Email: carolina@gudi.org
Website: www.gdui.org

TRANSPORTATION AND TRAVEL

If you live in a city and there is a public bus system, you may be eligible for transportation assistance. If you cannot use the regular public bus system because of your disability, you need to inquire about special transportation services. All cities having a public transit system are required to have a para transit system (special services for people with disabilities). Call your local public transit system for further information about the services in your city.

If you are traveling outside of your city by bus, plane, or rail and need special assistance, it may be helpful for you to contact your carrier in advance to request any special accommodations you might need. Special assistance is available and most carriers will gladly provide you with the needed assistance. For instance, Carolina Trailways provides a free fare for an individual serving as a sighted guide for an individual who is blind. The guide must accompany the individual for the entire trip. There is also special assistance available through Amtrak. When traveling by plane it is best to let the airlines know you will need assistance or will be traveling with a guide dog when making your reservation.

The following are web sites and toll-free numbers for Greyhound and Amtrak to obtain further information for people with disabilities who wish to travel or make reservations.

Greyhound

www.greyhound.com/travel_information/disabilities.shtml

Toll-Free: 1-800-752-4841

Amtrak

www.amtrak.com

Toll-Free: 1-800-872-7245

DIVISION OF SERVICES FOR THE BLIND MAIN & DISTRICT OFFICES

Division of Services for the Blind Administration

Fisher Building

309 Ashe Ave. Raleigh, NC 27606

Mail Service Center 2601 Raleigh, NC 27699-2601

Phone: 919-733-9822

Toll Free No. 1-866-222-1546

Fax: 919-733-9769

Asheville

Community Services Building
50 S. French Broad Ave.
Asheville, NC 28801
Courier: 12-77-01
Phone: 828-251-6732
Toll-Free: 1-800-422-1881
Fax: 828-251-6859

Charlotte

5855 Executive Center Drive Suite 100
Charlotte, NC 28212
Courier: 05-26-43
Phone: 704-563-4168
Toll-Free: 1-800-422-1895
Fax: 704-563-4114

Fayetteville

225 Green St., Suite 500
Fayetteville, NC 28301
Courier: 14-63-46
Phone: 910-486-1582
Toll-Free: 1-800-422-1897
Fax: 910-486-1864

Greenville

404 St. Andrews Dr.
Greenville, NC 27834
Courier: 01-46-51
Phone: 252-355-9016
Toll-Free: 1-800-422-1877
TDD: 252-355-3549
Fax: 252-355-9019

Raleigh

307 Ashe Ave.
2601 Mail Service Center
Raleigh, NC 27699-2601
Phone: 919-733-4234
Toll-Free: 1-800-422-1871
Fax: 919-715-4265

Wilmington

3240 Burnt Mill, Suite 7
Wilmington, NC 28403
Courier: 04-45-04
Phone: 910-251-5743
Toll-Free: 1-800-422-1884
Fax: 910-251-2660

Winston-Salem

4265 Brownsboro Rd, Suite 100
Winston-Salem, NC 27106
Courier: 13-08-07
Phone: 336-896-2227
TDD: 336-896-7047
Toll-Free: 1-800-422-0373
Fax: 336-896-7048

Rehabilitation Center for the Blind

Crockett-Peeler Building
305 Ashe Ave.
2601 Mail Service Center
Raleigh, NC 27699-2601
Phone: 919-733-5897
Toll-Free: 1-800-846-5860
Fax: 919-715-0471

Communications Unit

Haywood Building, Room 113
315 Ashe Avenue 27606
2601 Mail Service Center
Raleigh, NC 27699-2601
Phone: 919-715-2436 ext. 208
Fax: 919-715-4076

Aids & Appliances Store

Haywood Building, Room 110-112
315 Ashe Avenue 27606
2601 Mail Service Center
Raleigh, NC 27699-2601
Phone: 919-715-0249
Fax: 919-715-4076