

# Your Eyes TODAY

## In This Issue

Spotlight on  
Accessible  
Travel

TSA Cares: 3

Upcoming  
Events: 4-5

Living with  
Low Vision: 6

## Preparing for Your Holiday Travel Plans

The holiday season is a time of joy, togetherness, and sharing. However, it often means much more travel than usual as well. Even a trip within the Greater Washington area can be viewed as challenging for those with vision loss.

Luckily, proper planning can help alleviate the stressors of holiday travel.

For plane and rail transportation, simply calling ahead of time to ask about what documents are needed, reserving a seat, and any accommodations available can help get one through those security and check-in lines quickly.

(Continued on page 2)

NOVEMBER 2021

**Prevention of Blindness Society of Metropolitan Washington®**  
415 2nd Street NE, Suite 200, Washington, DC 20002

(202) 234-1010 | [www.youreyes.org](http://www.youreyes.org) | Facebook & Twitter: @youreyesdc

# News & Updates

## Preparing for your Holiday Travel Plans

---

(Continued from page 1)

In addition, MetroAccess and public transit are frequently available, even during holiday times! Taxicab companies can be contacted to schedule rides in advance. Ridesharing, such as Uber or Lyft, is available at all times. If you are uncomfortable navigating your mobile phone apps, you can sign up for GoGo Grandparent, who can help contact a rideshare driver for you!

These tips may help you enjoy a safe and enjoyable trip:

- Regardless of the method of travel, ask for assistance at each location where you need help, especially if you have multiple legs in your trip.
- An Orientation and Mobility (O&M) specialist can educate on the proper way to navigate walkways outside and on foot, white cane training, and more! To find a specialist, contact your local Department of Disability.
- Travel with the right mobility equipment. At home, you may use a cane, but when you travel, a walker might make more sense.

For more helpful travel tips, call the POB Low Vision Resource and Information Hotline at (301) 951-4444.

# Resource of the Month

## TSA Cares

---

The Transportation Security Administration (TSA) protects the nation's transportation systems. TSA Cares is a helpline that provides travelers with disabilities additional assistance during the security screening process.

TSA Cares can provide you with a Passenger Support Specialist (PSS) at the security checkpoint. This individual will help through the screening process and provide support as needed. This free service is available by calling them at (855) 787-2227, at least 72 hours before the flight.

If you do not complete this process, request assistance from a TSA officer when going through security. You can also fill out a TSA Notification Card and bring it to the airport. The Cards explain there is a health condition that may affect screening. These can be found at [www.tsa.gov](http://www.tsa.gov).

Canes and other aids must undergo X-ray screening. A TSA officer will inspect the item if it cannot fit through the machine. Notify the TSA officer if you need to be immediately reunited with the device after it is screened.

To learn more, call the POB Low Vision Resource and Information Hotline at (301) 951-4444.

# Calendar of Events

**NOVEMBER 2021**

To register for an event, call (301) 951-4444  
at least 24 hours prior to the event.

**TUE  
9**

## **Diabetic Eye Disease Awareness Month**

**11:30 a.m. – 12:30 p.m. • Low Vision Support Group**  
Join Thomas Lamson, M.D., Washington National  
Eye Center Ophthalmology Resident, to learn about  
the risks of diabetic eye diseases, such as diabetic  
retinopathy, glaucoma, and cataracts.

**Hosted by Washington National Eye Center.**

---

**TUE  
9**

## **Virtual Happy Hour**

**6 p.m. – 7 p.m. • Stargardt's Network**  
All are welcome, regardless of eye condition!

---

**TUE  
16**

## **Online Shopping with Low Vision**

**1 p.m. - 2 p.m. • Tech Talk Tuesdays**

Take advantage of the best sales this holiday season  
and learn about the different solutions to navigating  
online shopping with low vision.

## **NOVEMBER 2021** (continued)

To register for an event, call (301) 951-4444 at least 24 hours prior to the event.

**WED  
17**

### **Introducing the New Low Vision Doctor Low Vision Town Hall Meeting**

**11:00 a.m. - 12:30 p.m. • Special Event**

**Guest Speaker: Hang Nguyen, OD, Low Vision Specialist, Low Vision Services PLC**

Join us Dr. Alibhai introduces Dr. Nguyen, the newest low vision doctor in our region. Dr. Nguyen will introduce herself, share her experience, and her approach to low vision care.

Call (301) 951-4444 to receive Zoom joining information – via computer or by phone!

---

**THU  
18**

### **Let's Talk Lighting**

**12 p.m. - 1 p.m. • Vision Resource Group**

Proper lighting is one of the most powerful adaptations someone can make when optimizing sight. Let's discuss good lighting, bring unique ideas and solutions, and connect!

**Hosted by Friendship Heights Village Center.**

Visit [www.youreyes.org/events](http://www.youreyes.org/events) for additional information.

# **Living with Low Vision**

## **Flying with Low Vision**

---

**By Tara Aziz**

The end of the year is often a time to gather with friends and family! Many of us could not get together last year, but we are excited about this year's festivities! Travel to these gatherings can be a pleasant experience if you know your rights. Never be afraid to ask for assistance, either!

Every airline strives to provide convenient and comfortable service to everyone. Airlines may not refuse transportation to people on the basis of a disability. Making arrangements in advance can help save you time.

### **Before you travel:**

Advise the airline of your travel assistance needs at the time of booking by calling the airline's customer service phone number. Some airlines have a dedicated department to assist you (often called Accessibility department, Disability department, or Special Assistance desk).

If you use a smartphone, download the airline's mobile app to keep important information handy, such as flight numbers, gate information, and boarding passes. Alternatively, print this information before your trip (in large print) and keep it on you at all times.

# **Living with Low Vision**

## **Flying with Low Vision (continued)**

---

### **During travel:**

Be sure to arrive at the airport early and well ahead of suggested arrival times. When you arrive, take the time to introduce yourself to airline staff, and share the type of assistance you need upon arrival at the airport. You should also speak to airline staff at the gate, on board the aircraft, at any connection points, and the destination.

Most airlines will allow you to board the plane before other guests in order (sometimes called pre-boarding) to help you locate your seat, facilitate a review of the layout of the aircraft, and review the controls at your seat. Be sure to ask to pre-board when you check-in at the airport.

If you check a bag, an audible luggage locator can help you find it later as the bag travels around the carousel. This allows you to press a button, which will activate a beeping locator in your bag. Also, consider marking your bag with a brightly colored ribbon or strip of tape.

Lastly, arrange your transportation at your destination prior to travel. If possible, arrange for someone to meet you at the airport's baggage claim area.

# Free Low Vision Resource Guide

**"Your Eyes and Low Vision" contains hundreds of resources and services helpful for those with vision loss - many of which are free. POB has compiled our area's resources into one comprehensive guide. With over 100 pages of resources and services, this guide has something for everyone, including a section featuring services specifically for parents of children with vision loss.**

**"Your Eyes and Low Vision" is available in a large-print book format AND on our accessible website, [youreyes.org](http://youreyes.org), under the "Resources" tab.**

**To receive a free large-print resource guide by mail, call the POB Low Vision Learning Center at (301) 951-4444.**

**To also start receiving the digital edition of this newsletter, please send an email to [communications@youreyes.org](mailto:communications@youreyes.org).**

**FREE MATTER  
For the Blind or  
Handicapped**

**Prevention of Blindness Society  
of Metropolitan Washington®  
415 2nd Street NE, Suite 200  
Washington, DC 20002  
Return Service Requested**

