

Tools and Communications for Work

Recently, attendees at POB's monthly Stargardt's Network Happy Hour (see **page 4** for this month's event details) discussed workplace challenges and valuable tools, technology, and communication strategies. Many of these solutions are helpful both at work and at home.

Learning ZoomText (enlarges/enhances text and reads emails, documents, and web pages), JAWS (screen reader software with possible braille output), and Fusion (a combination of the two) can be impactful for the workplace.

You should seek training to use the software above (rather than picking up and using it, which may create frustration), but it will make using the computer easier if you have a vision challenge. Free training may be available through your area's department of rehabilitation. Alternatively, there are free features in your computer's settings. These are helpful if you only use the computer periodically.

(Continued on page 2)

Prevention of Blindness Society of Metropolitan Washington®
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News & Updates

Tools and Communications for Work

(Continued from page 1)

Smartphone apps (Seeing AI, Be My Eyes, and Aira) can significantly impact day-to-day tasks. Do not use these apps when viewing confidential documents or crossing the street. In addition, learn how to use the built-in features on a smartphone. This can increase the accessibility of many tasks.

Electronic magnifiers (CCTVs) and portable electronic magnifiers (such as the Ruby) can be handy if you have low vision. Screen or document readers are helpful for those who primarily need to use audio.

Coworkers may not understand how much you can see and do. Often, people want to help, and frequently too much. It is OK to let them know that you prefer to do tasks independently and ask for assistance when necessary. Remember, you are an independent person!

Communicate with your direct supervisor about accommodations you need. One common challenge is you may not know what you need yet. Keep an open line of communication and work to find solutions that are right for your individual needs.

News & Updates

Tools and Communications for Work

(Continued from page 2)

Through the Americans with Disabilities Act, employers are required to provide job applicants and employees with disabilities “reasonable accommodations” that allow them to enjoy equal employment opportunities.

Assistive technology can be one of the most helpful accommodations for visually impaired employees, allowing access to computers and other workplace systems. Some examples of assistive technology include scanners, magnifiers, digital recorders, screen reading software, refreshable braille displays, and braille embossers.

Communicate accessibility issues in the workplace. Colleagues, leadership, or facilities staff are likely unaware of a problem, including safety challenges. While this is not an excuse, you may have to let them know of the concern. You are not the only one with the problem, but you may be the first to notice! Opening dialogue can also be an opportunity for them to learn more!

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

Calendar of Events

APRIL 2022

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

**TUE
12**

Glaucoma and You

11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Join Philip Conkling, M.D., Washington National
Eye Center Ophthalmology Resident, to learn about
glaucoma, a leading cause of blindness. Bring your
questions and learn what can be done.
Hosted by Washington National Eye Center.

**TUE
12**

Stargardt's Network Happy Hour

6 p.m. – 7 p.m. • In-Person Event
We're back in person for Stargardt's Network!
All are welcome, regardless of eye condition!
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**TUE
19**

Using Windows PC with Low Vision

1 p.m. - 2 p.m. • Tech Talk Tuesdays
Using the computer is important in today's world.
Learn some of the helpful adaptations available
that can help with usage if you have low vision.

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

**WED
20**

Low Vision Update - Dr. Suleiman Alibhai Low Vision Town Hall Meeting

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

Hear updates from the doctors at the forefront of low vision care and a refresher on the helpful tips and tricks you can daily. Call (301) 951-4444 to receive Zoom joining information – via computer or phone!

**THU
28**

Vision Resource Group

12 p.m. - 1 p.m. • In-Person Event

We are back in person at Friendship Heights! Let's reconnect and share. Bring your ideas and solutions.

Friendship Heights Village Center

4433 South Park Avenue, Chevy Chase, MD

To RSVP, call (301) 656-2797.



Listen to replays of POB Low Vision Town Hall events on-demand at www.anchor.fm/youreyesdc.

Living with Low Vision

Streaming with Audio Description

By Tara Aziz

Audio descriptions (AD) give more detail about what's happening on screen, including facial expressions, physical actions, and scene changes.

Netflix offers nearly 2,000 titles with audio descriptions. For detailed instructions on turning AD on, visit <http://help.netflix.com> and type in Audio Description, or call Netflix at (844) 505-2933. Netflix will save your preference for the future once turned on. To find a title with AD available, search Audio Description while browsing Netflix.

Hulu also offers a growing number of titles with AD. For detailed instructions on turning AD on, visit <http://help.hulu.com> and type in Audio Description, or call Hulu at (877) 824-4858. You can discover titles with audio description in the Audio Description hub on Hulu. Navigate to Hubs from the Home screen to find it.

Other services supporting AD include Amazon Prime Video, Apple TV+, Disney+, HBO Max, Paramount+, and Peacock. Contact the service's technical support for assistance.

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

You are Invited!

Being the Light: Friends and Family Connection Event

You, your friends, and your family are invited to join us on Saturday, May 14, from 12:30 p.m. - 3 p.m. at Holy Trinity Church (850 Balls Hill Road, McLean, VA 22101) for a luncheon panel discussion moderated by Suleiman Alibhai, O.D., low vision specialist.

Panel Discussion Topics:

- **Talking Through a Day in the Life with Low Vision**
- **Navigating Difficult Conversations**
- **Overcoming Challenges**

This in-person program serves as a way to help our friends and family understand the difficulties encountered with vision loss and share the many things we CAN still do! And, this is an excellent way for all of us to connect again!

Lunch will be served, and vision aid and device vendors will be on-site for you to try their products firsthand.

Tickets cost \$20 per person for this special event and must be purchased by May 4. For limited availability tickets, visit www.beingthelightpob.org. or call (202) 234-1010 ext. 233.

Share Your Experiences With Us

POB is conducting a survey to better understand your experiences and find ways to better serve our community. Can you give us five minutes of your time and take the survey today?

To take the survey, visit www.pobsurvey.org, or call (202) 234-1010, ext. 233.

Feedback from this survey is an integral part of understanding your experience with the available low vision services and resources. Your survey response is extremely valuable to help inform us, in order to provide a continually-improving experience to our community.

To also start receiving the digital edition of this newsletter, please send an email to communications@youreyes.org.

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Handicapped

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