

Project NATIVE

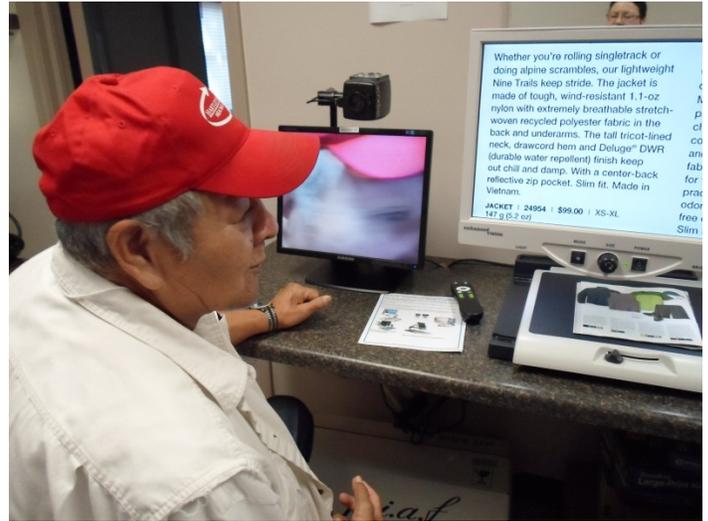
Free Training and Assistance for Native Americans with Low Vision

Based in Tahlequah, Project Native Americans Teaming in Vision Empowerment (Project NATIVE) is available free to Native Americans.

“The classes changed my life!” exclaimed one participant. “I had no idea there were so many aids for individuals like me that have lost some of their eyesight.”

Project NATIVE offers free workshops on issues that impact people with low vision and provides participants with hands-on experience with vision aides like special magnifiers, special lamps, glasses, and computer programs.

"Most people don't know there were so many low vision products available," stated Dr. Lillian Young, the program director. "They don't know where to turn for assistance. This program teaches participants ways to continue doing things they enjoy."



LOW VISION FACTS

- Every 7 minutes a person in the U.S. loses their sight, often as part of the aging process, according to *Research to Prevent Blindness*.
- 70% of severely visually impaired persons are age 65 or older and 50 percent of that group is legally blind.
- Any loss of sight, less than total blindness, is a visual impairment and *not* a handicap.
- Three of the top five diseases among Native Americans are diabetes, macular degeneration and glaucoma; each can cause low-vision problems.

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FREE WORKSHOPS

1. Daily Living Skills (safety issues around the home safely cooking and organizing medications),
2. Orientation and Mobility (moving safely and efficiently around the home and in unfamiliar environments),
3. Self-advocacy (where to get assistance and knowing when and how to ask for assistance and standing up for one's self),
4. Technology (latest visual aids to read, use a computer or iPad)
5. Recreation and Leisure (visual aids to continue to play cards or dice or make arts and crafts).

Project NATIVE program partners include Dr. David Lewerenz, director of NSU Oklahoma College of Optometry Low Vision Clinic and Dr. Doug Peniston, the Dean of NSU College of Optometry.

Call American Indian Resource Center for more information (918) 456-5581 or (918) 616-1158



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