

# O&M



FOR INDEPENDENT LIVING



Strategies for Teaching  
Orientation and Mobility  
to Older Adults



Nora Griffin-Shirley  
and Laura Bozeman, Editors



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American Foundation for the Blind



Nora Griffin-Shirley and

# O&M for Independent Living: Strategies for Teaching Orientation and Mobility to Older Adults



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The impact of aging on mobility can be profound, and it can affect nearly every aspect of a person's life. O&M for Independent Living: Teaching Orientation and Mobility to Older Adults is an important guideline for orientation and mobility instructors, rehabilitation specialists, occupational therapists, and other professionals who use older people who may be new to vision loss. In addition to information on the effects of aging and considerations for evaluation and instruction, chapters consist of strategies on adapting O&M skills for old adults, environmental modifications and appropriate equipment, workout and its own relationship to mobility, everyday living skills, and effective collaboration among the various specialists who serve this population. It provides insights needed for helping these individuals remain independent and self-reliant.



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