## Wayfinder Family Services ORIENTATION AND MOBILITY TRAINING





"With orientation and mobility I now have the confidence to go outdoors and choose from a variety of transportation choices, to get to and from my destinations; I am now able to advocate for myself in the city."

—N.S., Wayfinder O&M graduate

Individuals who are blind or visually impaired can receive training in **Orientation and Mobility** to learn how to travel more independently. Orientation is knowing where you are along your travel route, on a map, or on a GPS. Mobility is made up of many skills that pedestrians with visual impairments can use to travel safely, efficiently and independently to their destinations.

## **AT A GLANCE**

- · Long White Cane instruction
- Land marking skills and cardinal directions
- Learning address systems, street crossings, route planning
- Public transportation including bus and rail lines
- Guide Dog Preparation Training
- GPS training and use of common transportation smartphone apps
- One-on-one training in a variety of settings: residential, business, and rural.
- Training for an individual's home or work area, and/or school campus, personalized to his or her specific needs and interests.



## REFERRAL PROCEDURE

Interested parties ages 16+ years should contact us for more information. Participation may be supported through the California Department of Vocational Rehabilitation

## CONTACT

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Junior Blind has a new name!



We're so proud of Junior Blind's long history of serving children, youth and adults who are visually impaired and those with developmental disabilities. It's an exciting time in our history as we extend our hands to help children and families facing different challenges. Wayfinder Family Services embraces everyone we serve.