

ANSWERS FOR PEOPLE ADJUSTING TO SIGHT LOSS

Sound Solutions is a first-of-its kind audiocassette series that presents practical information, resources and encouragement for seniors like you or your loved one who are experiencing sight loss. They are professionally produced, using creative scripts, testimonials, sound effects, music and humor to communicate practical information for daily living. The **Sound Solutions** tapes are **FREE**.

A SOUND SOLUTION – Introductory Tape

Vision loss is not the end of independence, but the beginning of a new way of doing things. In A Sound Solution you'll hear from real people in their own words as they share their fears, their frustrations and their successes. Like you, they have felt isolated, not knowing where to turn or assuming no real help was available. When you listen to others who have been where you now find yourself, you'll discover you are not alone; you can be in charge of your life.

After you receive **A Sound Solution**, listen to it carefully to determine which tapes in the series will benefit you the most.

SET #1

UNDERSTANDING AND EXPRESSING YOUR FEELINGS OF SIGHT LOSS

The first set of four tapes addresses the emotional issues surrounding sight loss.

You Are Not Alone

Help for dealing with natural feelings of loss and fear.

Independently Speaking

Helps you overcome the loss of visual cues so important in interpersonal communications.

FYI: Facts & Myths

Over the years stereotypes about blindness have persisted. This tape helps you to learn how to banish these unwelcome ideas.

Know the Right Stuff

Packed full of information about where to find much-needed resources, from how to find services to where to learn about your rights.

SET #2

TECHNIQUES FOR DAILY LIVING

The second set of four tapes teaches you, step-by-step, the tips and methods that others find invaluable in living with vision loss.

Senses and Sensibilities

Your senses don't naturally improve, but you can learn how to make better use of your hearing, taste, touch and smell to achieve greater self-confidence.

No-Frills Daily Skills

This tape covers the eight basic tasks common to everyday living. Techniques are offered to master dialing the phone, cutting and eating, grooming, putting keys into locks and labeling and coordinating clothing.

This New Old House

You'll learn how to adapt your home to your specific needs by focusing on three key concepts: organization, simplicity and routine.

The Unseen Ingredient

Helps you learn new ways to master basic kitchen chores while offering alternative ways to prepare and store food.

SET #3

FOR YOU AND YOUR FAMILY

The third set of two tapes is written for sighted friends and family members whose lives are affected by sight loss.

What to Do When a Loved One Loses Sight

This tapes helps adults — spouses, friends and grown children — to understand what their loved one is going through. It explores common feelings, offers tips on what not to say and do, and points out the dangers of "helping too much."

What to Do When Grandma Can't See

Especially for children, this tape offers simple ways to help them understand sight loss.

SET #4

TAKING CARE OF YOUR PHYSICAL AND EMOTIONAL WELL-BEING

The fourth set of three tapes focuses on techniques and practical suggestions to help you take care of both mind and body.

For the Life of Me

Takes a humorous approach to help you discover ways to begin a healthier lifestyle through exercise and eating right.

Getting Back into the Swing of Things

Offers ideas on how to continue to participate in the activities you enjoy and ways to discover new ones.

Put Laughter Back in Your Life

Features popular humorist Steve Allen, who offers his views on the importance of laughter in facing life's challenges.

SET #5

THE COMPLETE SET

The entire 14-tape set is offered to agencies and organizations that serve seniors or have a significant population of visually impaired residents or clients. We offer the entire set so that staff are able to lend out individual tapes or make them available for communal use. Only one set per organization, please.

GUIDELINES FOR ORDERING:

Each set covers a different area of concern for people in different stages of accepting sight loss. You may request a set or sets, or any of the tapes individually, but please ask for only those tapes you need.

1. Order **A Sound Solution**, the introductory tape, listen to this tape and make note of the titles that interest you most.
3. To order, call 1-800-BRAILLE (272-4553) and request your tapes.

Operators are available to assist you between 9 am and 4 pm PST.

Please allow one to two weeks for delivery. All orders will be sent via U.S. mail.

This free service is made possible by the generous donations of thousands of individuals and the following foundations: the H.N. and Frances C. Berger Foundation and the Fritz B. Burns Foundation.



Braille Institute of America, Inc.