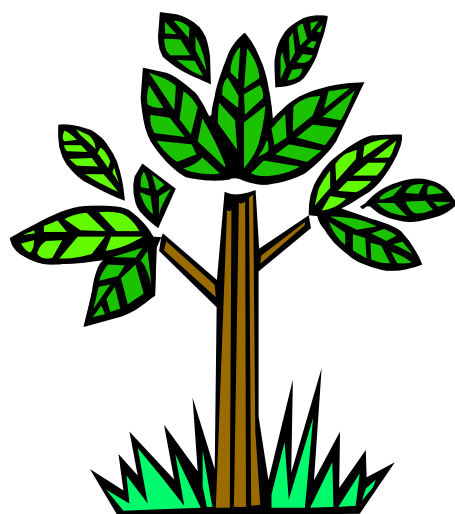


ADJUSTMENT TO BLINDNESS



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Revised 3/06



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INTRODUCTION

Braille Institute Library Services is committed to providing high quality services and bibliographical support. To serve our patrons better, we have prepared and produced a series of subject bibliographies.

This *Adjustment to Blindness* bibliography is a revision of the 1993 version. The bibliography responds to popular book demand from Braille Institute staff and library patrons. The bibliography includes more recent books on adjustment to blindness, cooking, home management, personal management, and many others.

Many of the titles were selected by the late Librarian Catherine Englund, former Braille Institute Reference Librarian and were revised in this bibliography by Senior Technician Siranush Aytayan, Information Resources Librarian Julie Uyeno and members of the Publications Committee.

Henry C. Chang, Ph.D.
Director of Library Services

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Alexander, Sally Hobart

Taking Hold: My Journey into Blindness

RC 40247

Sally Hobart was twenty-four when she began to lose her sight. At first she saw a thin black line that disappeared after a few minutes. But the line returned, and Sally realized after visits to many specialists that she would soon be totally blind. She tells of her frustrations, the loss of her fiancé, the support of family and friends, and the help she got in adjusting to her new world. For grades 6-9 and older readers. 1994.

Beckler, Alfred

A Gift of Life

RC 21132

Inspirational account of a series of operations, one kidney and two pancreas transplants that saved the life of the author who suffered with juvenile onset diabetes. Later, Beckler tells of his successful adjustment to blindness. Today he is a healthy real estate broker and promoter of organ donor programs.

Carroll, Thomas J.

Blindness: What It Is, What It Does and How to Live with It

RC 20473

The national chaplain of the Blinded Veterans Association comments on the problems of the blind adult. While his main theme is rehabilitation and restoration, he begins by discussing the shattering experience of sight loss and its implications.

Chapman, Bill G.

Coping with Vision Loss: Maximizing What You Can See and Do

RC 55481

Describes the function of the human eye, major causes of vision loss, coping techniques and equipment, educational aids, and professional sources for assistance when dealing with vision loss. 2001

Chevigny, Hector, and S. Bra Verman

The Adjustment of the Blind

RC 19632

This examination of the social and psychological factors affecting the integration of blind people into society provides a historical overview of blindness; discusses

attitudes about sight and blindness; examines the physical, mental and emotional functioning of blind people; and outlines their precise needs for successful living.

Dickman, Irving R.

Making Life More Livable: Simple Adaptations for the Homes of Blind and Visually Impaired Older People

RC 22319

In a question-answer format, the author offers suggestions and options for the older person who has deteriorating vision and lives at home. The author suggests safe ways of dealing with obstacles that may be encountered in the kitchen, bathroom and other rooms of the house.

Finke, Beth

Long Time, No See

RC 56482

NPR commentator's memoir of confronting blindness from diabetic retinopathy. Includes medical information pertinent to her personal experience as she discusses going blind as a twenty-six-old newlywed, having and caring for a multiply disabled child, using a talking-computer setup, and acquiring a guide dog to support her independence. Some strong language. 2003

Fraiberg, Selma H.

Insights from the Blind: Comparative Studies of Blind and Sighted Infants

RC 12781

Professor Fraiberg and her associates have found that blind children, while they develop slowly in some communication skills, compensate in ways unusual to sighted children. There are many findings and conclusions of interest to blind people and those working with them.

Halloran, Grace

Amazing Grace: Autobiography of a Survivor

RC 52017

Recounts the life of Californian Grace Halloran, who was diagnosed at age twenty-three with retinitis pigmentosa, a genetic eye disorder leading to blindness. Learning that her newborn son could also become blind, Halloran dedicated her life to discovering ways to preserve and strengthen sight. 1993

Hardy, Richard

Social and Rehabilitation Services for the Blind

RC 08030

Collection of articles on blindness and its impact, and social and educational services for the blind, written by rehabilitation counselors and other professionals working with the blind.

Hoagland, Edward

Compass Points: How I Lived

RC 53316

A prolific nature writer's autobiographical essays. *In the Country of the Blind*, Hoagland explores social and biblical notions of blindness and describes the loss and surgical restoration of his eyesight. Remembers teachers John Berryman and Archibald MacLeish and joining the circus at eighteen. Some descriptions of sex and some strong language. 2001

Holzhauser, Gillian K.

Making the Best of It--How to Cope with Being Handicapped

RC 24717

A young, legally blind woman offers practical advice, based on her own experiences and insights, on how to develop a healthy attitude and a good outlook on life if one is handicapped.

Hull, John M.

Touching the Rock: An Experience of Blindness

RC 33014

In 1983 Hull, after about three years as "a sighted person who could not see," he made the transition to being blind. He began keeping a journal of what delighted or puzzled him, plus thoughts about his relationships, his job as a university lecturer, his self-image, his dreams, his faith, anguish, and his eventual acceptance of his blindness.

Huxley, Aldous

The Art of Seeing

RC 13503

Drawing upon his experiences with near-blindness, the author examines the background and practical techniques of the Bates method of visual Re-education, a

method which considers the mental as well as the physiological aspects of good vision.

Jahoda, Gerald

How Do I Do This When I Can't See What I'm Doing?: Information Processing for the Visually Disabled

RC 36212

Calling upon his own experiences, the author describes how visually impaired persons can gather and process information, including using computers as assistive devices. He also discusses personal information management systems, jobs and leisure activities, daily living, and organizations that assist visually disabled persons.

Jernigan, Kenneth

If Blindness Comes

RC 38282

Defining a blind person as one who has to develop so many alternative techniques as to substantially alter his pattern of living, this guide encourages the newly blind to ask, "how can I do it?" rather than "can I do it?" The National Federation of the Blind is described, as are other devices, services, programs, and employment information.

Jernigan, Kenneth

To Touch the Untouchable Dream

RC 47132

Eight essays by blind people who express their self-confidence in pursuing personal goals. A couple describe their trip to a South African game park. A social worker explains why she left a secure job for a riskier career as a writer. And a magazine editor relates why baking bread has been a longtime pleasure.

Kirtley, Donald D.

The Psychology of Blindness

RC 12290/BR 3481

A psychologist explores both natural and man-made consequences of blindness, including information on adjusting to blindness and research into the dream lives of blind people.

Kleege, Georgina

Sight Unseen

RC 48328

Kleege was diagnosed with macular degeneration at the age of eleven and learned coping mechanisms. In eight essays she describes her experiences as well as the cultural aspects of blindness in language, film, and literature. As an author and professor, Kleege outlines the reading process and her delight in learning braille later in life.

Koestler, Frances A.

The Unseen Minority: A Social History of Blindness in America

RC 9069/RD 9069

This account examines America's contribution toward improving the condition of blind people, the invention of braille and the origins of the talking book. Included are portraits of Louis Braille, Helen Keller, Anne Sullivan Macy and Dorothy Eustis.

Lowenfeld, Berthold

The Changing Status of the Blind: From Separation to Integration

RC 11059/BR 3280

This introduction to the social history of blindness and contemporary developments relates the movement of blind people from dependence to independence and evaluates current education, rehabilitation, public policy, attitudes and economic forces.

Lukoff, Irving F., et al

Attitudes Toward Blind Persons

CB 525

This book collects eight articles dealing with discrimination against blind people. The attitudes and prejudices of families, employers, the press and legislators are some of the topics explored.

Maurer, Marc

I Can Feel Blue on Monday

RC 50888

This collection of vignettes "tells what blindness is and, perhaps equally important, what it is not." In the title article math professor Abraham Nemeth, the originator of the braille code for mathematics and sciences, describes his English teacher's

frustration because Nemeth could not feel the color of a piece of paper.

Monbeck, Michael E.

**The Meaning of Blindness: Attitudes Toward Blindness and Blind People
RC 14709**

The author defines various responses to blind people and offers suggestions for change. Monbeck feels that many common reactions to blind people are symbolic in origin.

Neal, Helen

**Low Vision: What You Can Do to Preserve--and Even Enhance-Your Usable
Sight
RC 26617**

In clear, nontechnical language, Neal, a medical writer, describes various maladies such as retinal detachment, cataracts and genetic disorders that can result in low vision. Informative chapters discuss the wide variety of diagnostic procedures, treatments and rehabilitation services designed to help partially sighted people cope with the world around them.

Omvig, James H.

**Freedom for the Blind: The Secret Is Empowerment
RC 55216**

A blind attorney and rehabilitation professional draws upon his own knowledge and experience to outline some ways blind people can enrich and improve their lives and careers. Omvig promotes the development of new philosophies and strategies that challenge traditional methods of rehabilitation for blind persons in the United States.
2002

Perry, Elizabeth C.

**Light in the Shadows: Feelings about Blindness
RC 19874/ BR 5531**

Here are interviews with seven people who share their experiences with varying degrees of visual impairment. The seven tell about their adjustments with clarity and honesty, expressing their hopes and fears about living with their disability. This book may be especially interesting to people who have recently become visually impaired.

Read, Ralph

When the Cook Can't Look: A Cooking Handbook for the Blind and Visually Handicapped

RC 17940

The author, who became blind as an adult, offers practical, safe and easy cooking methods for sightless people, including how to measure ingredients, light the stove, chop onions and serve and eat gracefully.

Roberts, Alvin

Coping with Blindness: Personal Tales of Blindness Rehabilitation

RC 48786

The author, who is blind, reminisces about his forty years as a rehabilitation counselor, recalling some of his clients and how much he enjoyed being in the field. He also describes learning to live, travel, and work with blindness, based on personal experiences from the 1950s to the 1990s

Rubman, Robert M.

Future Vision: Space-Age Techniques to Save Your Sight

RC 27061

This volume discusses modern vision-saving techniques as well as vision services that offer hope to the millions who suffer from eye disorders. Procedures such as lens implants for cataract patients, radial keratotomy surgery for myopic patients and laser surgery for glaucoma patients are described. One chapter attempts to dispel myths and misconceptions about vision loss.

Sardegna, Jill, et al

Living with Vision Problems: The Sourcebook for Blindness and Vision Impairment

RC 55327

Brief discussion of vision problems: causes, prevention, treatment, and coping techniques. Substantial A-to-Z section of concise entries on medical terminology, health and social concerns, adaptive devices, and many other relevant topics. Includes appendixes for further resources. 2002.

Sargent, Jean V.

An Easier Way: Handbook for the Elderly and Handicapped

RC 21628

This book was compiled from a series of articles, published in two Iowa newspapers, on the needs of elderly and handicapped people who want to remain independent. Suggestions include cups for shaky hands, writing aids for people with arthritis, a tricky way to puncture a tall juice can with only one hand and a sock "taker-offer."

Schulz, Paul J.

How Does It Feel to Be Blind?: A Study of Adult Socialization

CBB 472

The experiences and reactions of newly blind people are elucidated to provide valuable insights for the physician, optometrist, social worker or anyone else who deals with the problems of the blind person.

Scott, Robert A.

The Making of Blind Men: A Study of Adult Socialization

RC 25905/BR 10387

This study, sponsored by the New York Association for the Blind and the Russell Sage Foundation, theorizes that the attitudes and behavior characteristics of those who suffer impaired vision are acquired socially and not inherent in their physical make-up.

Smith, Margaret M.

If Blindness Strikes-Don't Strike Out: A Lively Look at Living with a Visual Impairment

RC 21060

The author, blind since birth, has worked with visually handicapped people since completing her master's degree in journalism. Designed primarily to help blind people cope, this volume is crammed with anecdotes and information that offer sighted readers a realistic glimpse into what it is like to live without sight.

Souder, Patricia

A Different Way of Seeing: Youth with Visual Impairments and Blindness

RC 58329

Follows a young girl's coping with sudden vision loss. Includes descriptions of various visual disorders, their causes, and the kinds of help that adaptive devices like

white canes and guide dogs can provide to people with diminished sight. For junior and senior high readers. 2004

Tipps, Esther Knudson

Cooking without Looking: Food Preparation Methods and Techniques for Blind Homemakers

RC 11464/BR 622

Using methods and techniques developed through research at the Texas School for the Blind, this book gives the basic principles of meal planning, marketing, food preparation, table service and food storage and also provides recipes.

Tuttle, Dean W.

Self-Esteem and Adjusting with Blindness: The Process of Responding to Life's Demands

BR 6183

This volume offers a model for adjusting to blindness and developing self-esteem. It includes guidelines for professionals who work with blind people.

Vaughan, C. Edwin

Social and Cultural Perspectives on Blindness: Barriers to Community Integration

RC 48220

Visually impaired sociologist (who prefers the word "blind") describes blindness in the United States, Africa, China, and Spain. Proposes an international exchange of information to enrich education and rehabilitation opportunities for this group.

Vaughan, C. Edwin

The Struggle of Blind People for Self-Determination: The Dependency-Rehabilitation Conflict; Empowerment in the Blindness Community

RC 40098

The focus of this book is the struggle between people with visual handicaps and people who work to educate and rehabilitate them, with emphasis on those whose experiences with visual handicaps and the rehabilitation system begin early in life.

Wagner, Sally

How Do You Kiss a Blind Girl?

RC 27117

A newspaper reporter shares the story of her adjustment to blindness, which was caused by diabetes. She also offers advice about living with friends and strangers who have disabilities.

Walhof, Ramona

A Handbook for Senior Citizens: Rights, Resources and Responsibilities

RC 17409

Written with particular attention to the older person who is blind or going blind, this handbook debunks many of the preconceived notions and myths about blindness and blind people. It explains how to find and take advantage of existing services and resources for blind people and includes chapters on living and mobility techniques, aids and appliances, agencies and organizations for older Americans, financial assistance and rehabilitation programs.

Weiner, Florence

No Apologies

RC 27212

A resource book for people with disabilities, their families and friends, this book provides advice and information on finding a job; dealing with sexuality, loneliness and alienation; and coping with the rigors of everyday life. Interviews with men and women who have "made it," as well as listings of organizations, equipment manufacturers and educational resources, are included.

Westcott, Patsy

Living with Blindness

RC 50301

Explains the condition of blindness and its possible causes. Describes some aspects of everyday life for a ten-year-old boy who is gradually losing his vision, for a teenager who has been blind since birth, and for a partially sighted adult. Lists sources for further information. For grades 3-6. 2000

Younger, Vivian and Jill Sardegna

A Guide to Independence for the Visually Impaired and Their Families

RC 42674

Written for persons with no vision or low vision and their families and friends, this guide provides instructions on "how to perform basic tasks of daily living, how to address new and puzzling feelings and fears, how to respond to embarrassing situations," and more. Includes journal notes, organizational checklists, and a resource directory.

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Adjustment to Blindness Book Order Form

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