

Sarah's journey

From grocery shopping to independence

Sarah, a retired teacher experiencing age-related macular degeneration, wanted to keep walking to her local grocery store and managing her household. Central vision loss made unfamiliar road crossings and product labels frustrating and overwhelming.

How O&M and AT transformed her routine



Orientation & Mobility training

Sarah's O&M specialist mapped out a safe, predictable route to the grocery store, then walked it with her, step by step, for as long as she needed to feel confident on her own. Along the way, Sarah learnt identification cane techniques to detect kerbs, obstacles and changes in footpath height, plus tracking skills and ways to use her peripheral vision through busy crossings.



Assistive Technology integration

- 1 We set up Sarah's own phone with bigger text, stronger contrast and a zoom she can turn on with a tap.
- 2 She learnt to use text-to-speech apps that read out product labels and instructions.
- 3 We created a home screen widget for her emergency contacts, then practised what to do if she got lost, so she always has a back-up plan.
- 4 Sarah practised each one at her own pace, with simple written and audio-recorded steps to keep at home.



The combined result

With confidence built through O&M and independence provided by AT, Sarah resumed her weekly grocery trips, showing that vision loss doesn't have to mean a loss of freedom.

Empowering your next step

Talk to us about tailored O&M and Assistive Technology support.

CALL, TEXT OR EMAIL

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