



The Lighthouse's Adjustment to Blindness Training (ATB) program offers comprehensive, highly-individualized training that helps individuals with significant vision loss master core skills needed to remain involved and independent in all aspects of daily life

**Referral Process:** Most people choose to tour the Lighthouse before deciding to enroll in our ATB program. If you decide you want to come here, you and your referring counselors will determine which classes you will take and what your goals will be for each class. The referring counselor then sends a referral letter to the Lighthouse with a list of classes and goals, as well as more information about your background, as relevant.

**Program:** Your Lighthouse program will be designed to meet your individual needs. In the first week, we will acquaint you with your classes and will conduct a formal assessment. Soon after your first week, we will produce an assessment report and call a meeting with you and your counselor to agree on specific goals and objectives for your program.

**Schedule:** There are six class periods per day, totaling 30 class hours per week, for full-time students. Students may enroll on either a part-time, full-time or component basis, as indicated by their counselor.

**Lighthouse Center for Vital Living**  
**Helping people challenged by disabilities, vision loss and aging live vital lives.**

309 West 1<sup>st</sup> Street | Duluth, Minnesota 55802

Phone (218) 624-4828 | Fax (218) 624-4479

[www.lcfvl.org](http://www.lcfvl.org)

Classes begin at 9:00 a.m. and end at 4:00 p.m.,

Each class period is about 60 minutes long. There are two 15- minute breaks each day, one in the morning and one in the afternoon. One half hour is allotted for lunch.

**Transportation:** If needed, transportation to and from the Lighthouse may be provided for students living within the city limits of Duluth. Authorization from the referring counselor is necessary. At some point during your training, you and your O&M instructor will determine if you are ready to take public transportation to and from the Lighthouse. Students who are able to do so are expected to use the city bus or STRIDE to travel to and from the Lighthouse.

Students living outside the city limits of Duluth while attending classes at the Lighthouse are requested to find their own transportation. The referring counselor may assist with these arrangements.

### **Student Housing**

For students residing outside of Duluth, your counselor may choose to house you at the Lighthouse apartments. The following is a list of items you may want to bring to the apartments:

- Personal items - medications, toiletries, etc.
- Clothing appropriate for Duluth - boots, hat, gloves, raincoat, warm jacket (yes, even in the summer), etc.
- Technology and other devices you use (cell phone, tablet, computer, etc...including an alarm clock)

**Lighthouse Center for Vital Living**  
**Helping people challenged by disabilities, vision loss and aging live vital lives.**

309 West 1<sup>st</sup> Street | Duluth, Minnesota 55802

Phone (218) 624-4828 | Fax (218) 624-4479

[www.lcfvl.org](http://www.lcfvl.org)



- Any portable leisure items (such as knitting, crocheting, audio books, puzzle books, etc)
- Pocket money.
- Food for a few days. A trip to the grocery store with an instructor will be planned as soon as possible.

Lighthouse apartments are fully furnished with kitchenware, bedsheets, towels, furniture, etc. Wi-fi and local TV channels are also provided.

### Adjustment to Blindness Training Areas:

#### **Adaptive Leisure Activities (ALA) and Community Recreation:**

This class allows both center-based and itinerant clients to develop and maintain leisure activities. It also provides individuals with the opportunity to engage in activities for the purpose of building self-confidence and overcoming doubts and fears concerning what blind persons can do. Activities may include crafts, games, self defense, community outings, adaptive sports and other recreation. Basic home repairs and safety procedures are also included.

**Braille:** This class helps students learn to use Braille code as appropriate for their needs and goals. This may include Grade I and Grade II Braille. Items used in this class include Braille textbooks, slate and stylus, Perkins Brailler, etc. Nemeth code instruction is also available.

**Lighthouse Center for Vital Living**

**Helping people challenged by disabilities, vision loss and aging live vital lives.**

309 West 1<sup>st</sup> Street | Duluth, Minnesota 55802

Phone (218) 624-4828 | Fax (218) 624-4479

[www.lcfvl.org](http://www.lcfvl.org)



**Communications:** The purpose of this class is to help develop a written and oral communications system. This includes writing guides, Talking Book System, reading by listening skills, recording devices, adaptive telephone techniques, adaptive timepieces, and closed circuit TV's. Students will also develop a resource file in an accessible format.

**Orientation & Mobility (O&M):** This class teaches safe and efficient travel skills. Techniques that are covered include use of the white cane, sighted guide, residential and business travel, and bus travel.

**Techniques of Daily Living (TDL):** This class provides instruction in the adaptive techniques needed for independent living. These skills include food preparation, home management, laundry, sewing techniques, and personal care, including medication management.

**Technology:** The purpose of this class is to teach access to a computer through magnification, voice output or Braille. Skills covered include keyboarding, computer terminology and concepts, word processing, scanning and reading technology, notetakers, and use of the Internet. The class is designed to provide a foundation for more formalized instruction.

**Adjustment Class:** The purpose of this class is to assist with the social and psychological adjustment to blindness on a group and/or individual level. This class will also be designed to provide both center-based and itinerant students with the opportunity to interact with employed or otherwise independent blind persons who are not in need of rehabilitation services.

**Lighthouse Center for Vital Living**  
**Helping people challenged by disabilities, vision loss and aging live vital lives.**

309 West 1<sup>st</sup> Street | Duluth, Minnesota 55802

Phone (218) 624-4828 | Fax (218) 624-4479

[www.lcfvl.org](http://www.lcfvl.org)



**Pre-Employment:** This class is designed to prepare students to find and maintain employment.

**Financial Management:** The purpose of this class is to assist with alternative methods for money identification, check writing, ledger keeping, and budgeting. The class also covers the use of talking calculators.

**For more information, please call us at (218) 624-4828  
or e-mail [info@lcfvl.org](mailto:info@lcfvl.org)**

**Lighthouse Center for Vital Living**  
**Helping people challenged by disabilities, vision loss and aging live vital lives.**  
309 West 1<sup>st</sup> Street | Duluth, Minnesota 55802  
Phone (218) 624-4828 | Fax (218) 624-4479  
[www.lcfvl.org](http://www.lcfvl.org)