

- Mobility is a basic freedom!
- **ORIENTATION** is knowing where you are, what is around you, where you want to go and what steps are needed to reach your destination.
- **MOBILITY** is purposeful, independent movement that gets you where you want to go in a safe and efficient manner.
- Orientation & Mobility for the Blind (OMB) is a service provided to students who have a Low Incidence, Visual Impairments (VI), eligibility and who have been assessed and demonstrate an inability to safely or efficiently access their school and/or community environments due to a visual impairment.



Contact Information:

Theresa (Terry) Fields
Lead Orientation & Mobility Specialist
thf0841@lausd.net

Theana Kezios
Coordinator of Low Incidence Programs
tdk0434@lausd.net

Orientation & Mobility for the Blind (OMB) Visually Impaired Programs

Los Angeles Unified
School District
Division of Special Education/
Low Incidence



Orientation & Mobility for the Blind

Credentialed specialists who have a master's degree in special education and a Clinical Rehabilitation Credential teach Orientation and Mobility. Instructors typically work with one individual at a time and utilize a variety of real-life environments to maximize learning, confidence and safety. For school aged students, an Individual Education Plan (IEP) will specify goals and objectives, as well as length and frequency of lessons. O&M takes place in a variety of environments: home, classroom, campus settings, residential neighborhoods and business areas.



OMB Curriculum:

Orientation & Mobility goals may incorporate some of the following, depending on individual need and ability:

- Accurate body image and spatial concepts
- The use of gestures and body movements to communicate non-verbally
- Effective use of all senses, including any remaining vision
- Basic techniques of human-guide, squaring off and upper and lower body protection
- Daily living skills related to safe and efficient travel (time management, shoe tying, money, telephone skills...)
- Identification and use of landmarks and environmental cues to aid in orientation
- Environmental concepts, compass directions and map skills
- The effective use of low vision aids in a variety of travel environments
- White cane skills
- Residential, light business and business travel, including simple to complex intersection crossings
- Use of public transportation (bus, taxi, train)
- The use of electronic travel aids (i.e. GPS, talking maps...)
- Interacting with the public using appropriate social and communication skills

For advanced travelers O&M is largely a community-based program. Once individuals are able to travel safely and in an oriented manner in their school or home environments, instruction moves out into residential and then business areas.

