

## **Orientation & Mobility Skills** **You Can Practice at Home**

### **OTHER RESOURCES:**

#### **Apps, Devices, etc.**

Planning travel, such as the student using their smartphone to plan routes, public transportation options, etc.

Listening to podcasts related to using apps; can be listened to with a learner or shared as an assignment. (Google search for them, YouTube collections from Hadley, Schools for the Blind, App developers websites, etc.)

Comparing apps like TapTapSee, Microsoft Seeing AI, and Be My Eyes to determine which provides information that is the most helpful for them, how easy they are to use their features, etc.

Practice scanning barcodes

Practice scanning documents, menus, directories, etc. (items to scan can be downloaded and printed at home and then scanned)

Virtually exploring home neighborhoods with Nearby Explorer from APH (free version available) or Google Maps with Street View.

Microsoft Soundscape is a beacon GPS that also calls out the names of streets, the direction of travel, and POIs. This could be used on a walk or in a car with headphones. You can also add your own audio beacon. <https://www.microsoft.com/en-us/research/product/soundscape/>

Google Maps now have “detailed walking” directions: <https://www.blog.google/products/maps/better-mpa-cybaps-for-people-with-vision-impairments/>

Lazarillo GPS is free and available on both iOS and Android devices: [Lazarillo: A Free Accessible GPS App for the Blind and Visually Impaired](#)

Working with Amazon Alexa, <https://www.cnet.com/how-to/the-almost-complete-list-of-alexa-commands-echo-smart-speaker-show/>

#### **General Ideas**

Have students watch the White Cane Day Video featuring some Sonoma County students and give some follow-up questions that relate to the video. Ex: What did you find most interesting about the responses of people in the video? Have you ever run into someone who has a similar view to some of the non-cane users in the video? Why do you think it's important to raise awareness to others about using a white cane? How would you explain your vision and your cane to others? <https://www.youtube.com/watch?v=-gMJCON1R6I>

Comparing the use of taxi, Transportation Network Companies (TNC) such as Uber and Lyft, Bus, and walking. Include topics on fares/financial cost, time, situations where each may be helpful.

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Finding Wheels Curriculum (if you can find the book on eBay or other used sites); the new edition is nearing publication.

- <https://www.perkinselearning.org/sites/elearning.perkinsdev1.org/files/perkins-downloads/nondriving-strategies-freebie.pdf>

Asking parents to facilitate students making tactile maps of their room, home, etc. (this might be with construction paper, dry noodles, Elmer's glue, etc.)

Asking parents to hold the camera on a computer or smart device connecting with Zoom so that you can encourage the development of skills like upper and lower body protective techniques.

Concepts that can be taught remotely over the phone, Zoom, etc.

- Parallel/Perpendicular
- Odd/Even for address systems
- Intersection basics
- Cardinal directions and clock-face orientation

### **From Diane Brauner:**

Younger students: download and read teacher-created O&M-related ePub books available on Paths to Technology

[Welcome to Wyatt's house: O&M Lesson](#)

[My Long Cane Book](#)

[The Numbers Hunt: iBook about Using a Monocular](#)

[Cody Went to Sheetz: iBook](#) (community O&M lesson - notice that the book mirrors self-familiarization techniques - the pages are in same order as Cody walks around the perimeter walls.)

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Provide specific questions about an O&M related app for the student to research and explore: How would you use (name app) when riding a new bus route?

Have the student determine specific routes using tech and then be able to give directions to a driver. (Route from school or other community location to student's home). Be sure to include landmarks! Allow the student to ask family or friends about important landmarks along the way.

Have the student create and organize a digital file about routes he has learned in O&M lessons (can be school routes, community routes or routes inside businesses)

Create tactile maps: of home, school, community, and/or inside local businesses - depending on the student's level.

COMS, student or family members can create O&M related books and share with us via Paths to Technology!