

Orientation and Mobility Services



What is Orientation and Mobility?

Orientation and Mobility is a service for people who are blind or have low vision.

Orientation and Mobility skills are key to enabling independent, safe and confident access to the community.

What is Orientation?

**Where Am I? Where do I want to get to?
How am I going to get there?**

Orientation refers to a person's ability to use their senses to know where they are positioned in their environment.

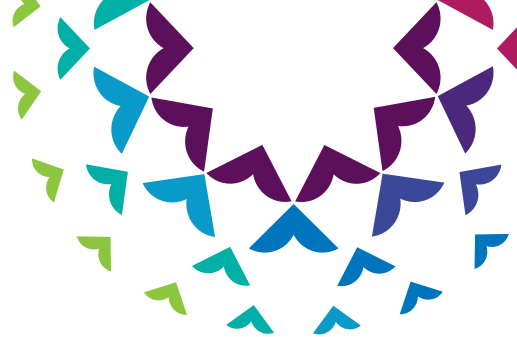
What is Mobility?

**How am I moving from A to B?
Is it a safe way of moving?**

Mobility refers to the person's capability and readiness to move in their environment.

Orientation and Mobility Specialists can help by:

- Providing comprehensive Orientation and Mobility assessments.
- Assessing for the most appropriate mobility aid, such as long canes. Mobility aids support the individual with identification, ability to access tactile cues/landmarks from the environment, and increase safe and independent travel.
- Providing comprehensive training in the use of mobility aids in a variety of environments.
- Providing orientation training to allow the person to travel safely from A to B.
- Providing training in independent travel skills such as road crossings and public transport.
- Providing Sighted Guide Training to family, friends, carers, or professionals working with a person with a vision impairment.



- Assessing, prescribing and providing training in other types of equipment such as electronic devices, to encourage safe independent travel in the community.
- Providing training in the use of GPS devices and smart phone applications.
- Advocating on behalf of a person with a vision impairment around issues such as access and safety in their community.

Who can benefit from Orientation and Mobility?

People of all ages, who are blind or have low vision.

Who can refer to Orientation and Mobility service?

- The individual who has a vision impairment.
- Family member/carer/friend (with consent).
- GP, Allied Health Professional, Vision Specialist (with consent).

How to refer?

You can make a referral online via the website visabilitytas.com.au, or contact our friendly team on (03) 6232 1222