

# Orientation and Mobility Services



## What is Orientation and Mobility?

- A service for people who are blind or have low vision.
- Orientation and mobility skills are key to enabling the person to independently, safely and confidently access their community.

## What is orientation?

- Orientation refers to a person's ability to use their senses to know where they are positioned in their environment.
- Where Am I? Where do I want to get to? How am I going to get there?

## What is Mobility?

- Mobility refers to the person's capability and readiness to move in their environment.
- How am I moving from A to B? Is it a safe way of moving?

## Role of Orientation and Mobility Specialists:

- Provision of comprehensive Orientation and Mobility assessments.
- Assessments for most appropriate mobility aid, including: white canes (folding mobility, Identification, support). Mobility aids provide the individual with: identification, ability to access tactile cues/ landmarks from the environment, and increase safe and independent travel.
- Provision of comprehensive training in the use of mobility aids in a variety of environments.
- Provision of orientation training to allow person to travel safely from A to B.
- Training in Independent travel skills e.g. road crossings and public transport.
- Sighted Guide Training: may include family, friends, carers, or professionals working with a person with a vision impairment.



- Assessment, prescription and provision of training in other types of equipment (such as electronic devices) to encourage safe independent travel in the community.
- Training in the use of GPS devices and smart phone applications.
- Advocacy on behalf of person with a vision impairment regarding access and safety issues in the community. E.g. requesting the installation of tactile ground surface indicator tiles (TGSI's) in areas of concern.

### **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?**

- Online referral:  
[Apply for Low Vision Services | VisAbility Tasmania](#)
- Contact our friendly team on 6232 1222