

The Hadley School for the Blind

Tuition-free distance education

Family Education Courses



www.hadley.edu

Family Education Program Introduction

Hadley's Family Education (FE) Program offers a variety of courses for family members of individuals who are blind or severely visually impaired, tuition-free. Courses are available online and through the mail and are taught by well credentialed instructors. Topics include child development, independent living, braille reading and writing, adjustment to blindness issues and more.

Eligibility

You are eligible to enroll in the FE Program if you are a parent or grandparent of a blind or severely visually impaired child or you are a spouse, adult daughter or son, or adult sibling of a blind or severely visually impaired adult. As Hadley's courses are offered worldwide, it is important that you be able to read and understand courses written in English.

Why Enroll?

- Learn to read and write braille.
- Foster the development of a child with a visual impairment.
- Support your family member's adjustment to vision loss.

How to Apply

- Visit the Hadley Web site at www.hadley.edu for additional course information and school policies.

- Complete and submit the Family Education Enrollment Application online. Contact Student Services at 800-526-9909 or by email at student_services@hadley.edu if you need assistance completing the form.

Questions?

Phone: 800-323-4238 (Toll-free, U.S. and Canada)

Phone: 847-446-8111

TTY: 847-441-8111

Fax: 847-446-9820

Web site: www.hadley.edu

Media Codes: **B** = braille **C** = cassette

DTB = digital talking book audio **OL** = online **P** = print

FAMILY EDUCATION PROGRAM COURSES

Early Childhood and School Age Children

Beginning the Special Education Journey

Learning the basics of special education services helps you make sure your child obtains an appropriate education.

This mini-course discusses professionals and the system of services in the United States. It explains the Individualized Family Service Plan (IFSP) and the Individualized Education Program (IEP) and outlines the range of placements for

children with visual impairments. It also gives ways to prepare for the transition from early intervention to preschool. Photos and insightful comments from experienced parents enhance the course.

Course: FAM-121, Media: P or OL, Lessons: 1

Early Independence

This course presents information on orientation and mobility, daily living skills and social skills, all of which enable you to create a home environment that fosters the skills your child needs to become independent. This course is recommended if your blind or visually impaired child is developmentally 3 to 6 years old.



Course: IND-111, Media: C, P or OL, Lessons: 7

Finding Your Way

Do you wish you could help the blind or visually impaired child in your life explore the world independently? This course can help you select games and activities that reinforce the O&M skills children learn in elementary school.

Course: WAY-111, Media: C or P, Lessons: 5

How to Be Your Child's Advocate

Working with other members of your child's educational team can greatly benefit your child. You know your child best, so you are the captain of this team. This mini-course discusses parents' rights and the laws pertaining to special education in the United States. It presents advocacy strategies to help you ensure that your child receives a free, appropriate public education. Photos and insightful comments from experienced parents enhance the course.

Course: FAM-131, Media: P or OL, Lessons: 1

Learning Through Play

Play is essential to a child's growth and development. Through play, children acquire confidence and become more independent. The right toy can help a child reach developmental milestones. This course offers suggestions that parents and caregivers can use to teach children about themselves and the world around them.



Course: LPA-111, Media: P or OL, Lessons: 7

Parenting Children with Multiple Disabilities

This course is for family members of children with visual impairment and one or more other disabilities. It offers ways to promote learning at home, in school and in the

community and explains how to take an active role in educational planning. Throughout the course, three fictional young people with multiple disabilities model how various concepts and skills can be learned.

Course: PMD-111, Media: P or OL, Lessons: 7

Social Skills: Foundation

Do you wish you could help your child acquire and refine social skills but wonder where to start?

This prerequisite course in the Social Skills Series will help you understand social skills development. You will also learn about the challenges that children who are blind or visually impaired may face in social situations.

Course: SSK-111, Media: B or P with DVD or VHS video, Lessons: 1

Social Skills: Preschool Years

This second course in the Social Skills Series examines the impact of visual impairment on the development of social skills during preschool years. It suggests ways for you to teach your child the necessary skills for healthy interaction with



family members, caregivers and peers. Prerequisite: "Social Skills: Foundation."

Course: SSK-211, Media: B or P with DVD or VHS video, Lessons: 3

Social Skills: Elementary Years

Elementary and middle school-age children who are blind or visually impaired often benefit from social skills instruction, which enables them to interact successfully with others. This third course in the

Social Skills Series enables you to help your child achieve social competence. Prerequisite: "Social Skills: Foundation."

Course: SSK-311, Media: B or P with DVD or VHS video, Lessons: 8

You, Your Child and Your Community

Raising a child who is visually impaired adds unique twists to the parenting adventure. This course shows how planning can help you face parenting challenges more confidently and strengthen the relationships with yourself, your child, other family members and your community.

Course: FAM-111, Media: P or OL, Lessons: 1



Braille

Introduction to Braille

Want to read braille visually? This course gives you the tools to communicate in writing with family members who read braille. The goal is to enable you to read and write uncontracted braille. As an introductory course, it does not make you fully proficient. To do so, additional study and practice are necessary.

Course: IBR-112, Media: P or OL, Lessons: 8

Contracted Braille

As a parent of a child who is blind, your ability to read and emboss contracted braille will enhance your relationship with your child. The goal of this course is to enable you to visually read and emboss contracted braille. Prerequisite: "Introduction to Braille" or "Contracted Braille Diagnostic."

Course: CBR-212, Media: P or OL, Lessons: 27

Basic Nemeth Code

The Nemeth code for science and mathematics includes all the symbols a braille user needs for written math and science. By learning basic symbols presented in this course, you can



help your child who uses braille to develop math skills that will serve him or her throughout the school years and beyond. This course will not enable you to transcribe material from print to the Nemeth code. Additional study and practice is necessary before doing so.

Prerequisite: "Contracted Braille" or the ability to read and write contracted (grade 2) braille.

Course: BNC-111, Media: P, Lessons: 12

Eye Courses

Diabetes: Toward Self-Management

This course will help you identify the factors necessary to successfully manage diabetes. The information provided is based on recommendations of the American Diabetes Association and the American Dietetic Association. Lessons offer information to supplement the guidance provided by health care professionals.

Course: DIA-111, Media: LP or OL, Lessons: 10

Glaucoma

This course explains the workings of the eye and the diagnosis and treatment of glaucoma. It also discusses the emotional impact of vision loss and ways to continue daily activities when such loss occurs.

Course: GLA-111, Media: LP or OL, Lessons: 5

Macular Degeneration

Has your loved one recently been diagnosed with age-related macular degeneration (AMD)? This course addresses the questions that arise upon such a diagnosis.

Course: MDG-111, Media: P or OL, Lessons: 5

The Human Eye

Gain a better understanding of your eyes: their anatomy, how they see and how they are examined. Lessons focus on particular parts of the visual system, along with common diseases and treatments.

Course: EYE-111, Media: P, Lessons: 10

(An updated version of this course will be available soon. Contact Student Services for details.)

Independent Living

Abacus 1

Learn to do arithmetic the abacus way. In use for thousands of years, the abacus is an efficient, accurate tool for doing math. Using the abacus provided with this course, you can add, subtract, multiply and divide whole numbers and decimals. Prerequisite: Prior knowledge of math facts.

Course: ABA-111, Media: DTB, DTB-DL, P or OL, Lessons: 15

Abacus 2

Did you enjoy “Abacus 1?” To further your abacus skills, learn to compute fractions, percents, quantities, square roots and negative numbers. Prerequisite: Teacher recommendation after completion of “Abacus 1” or equivalent.

Course: ABA-211, Media: P, Lessons: 5

Developing Your Technology Tool Kit

Technology plays a significant role in how people interact with each other, and most will likely encounter some

aspect of technology in their everyday life. This

course presents a variety of prominent desktop and mobile solutions.

It also discusses how adaptive technology solutions provide access to mainstream hardware and software.

In addition, it focuses on proprietary, adaptive technology products designed to be used specifically by persons who are visually impaired.

Course: TEC-111, Media: OL, Lessons: 5



Guide Dogs

Is your visually impaired loved one considering a guide dog? This story-based course will provide you with insight into the decision-making process so that you can better empathize with your family member. Weigh the benefits of companionship and learn about the mutual dependence between the guide dog user and a trusted canine partner. Be secure in the knowledge that getting a guide dog is the right decision.

Course: GDG-111, Media: P or OL, Lessons: 5

Independent Living

Any uncertainties a person feels in the wake of vision loss can be replaced with a growing sense of optimism as he or she learns different ways to accomplish things. This course suggests techniques and resources to complete the everyday tasks your family member once performed with vision or is learning to do for the first time with a visual impairment.

Course: DPF-101, Media: P, Lessons: 7



Self-Employment with a Minimal Investment

Has your loved one been thinking about starting their own business and wondering what self-employment entails? Perhaps you are thinking of starting a business together. This course provides information to help you decide if self-employment is a realistic pursuit. It presents the basics of discovering a business idea, preparing a budget and developing business and marketing plans. It also offers advice to prospective business owners who are visually impaired on how to compete in the business world and explores available disability programs and benefits.

Course: EMP-211, Media: OL, Lessons: 6

Self-Esteem and Adjusting with Blindness

Whether your family member was born visually impaired or lost vision later in life, this course can help you understand the adjustment to life's demands. Maintaining self-esteem with the changes and adaptations that arise with blindness is discussed in-depth and illustrated with quotes from blind people.

Course: SFE-111, Media: P, Lessons: 10

Self-Help Groups: An Introduction

Meeting with others in similar circumstances often helps people through times of change. This course describes the benefits of self-help groups and explains how they operate. It can help you decide whether to join a self-help group for family members of blind or visually impaired people.

Course: SHG-111, Media: P, Lessons: 4

Self-Help Groups: Advanced Topics

Thinking about starting a self-help group? This course can help transform your idea into reality. It describes the skills needed to plan, organize and lead a self-help group for blind or visually impaired people or their family members. Prerequisite: "Self-Help Groups: An Introduction" or instructor approval.

Course: SHG-211, Media: P, Lessons: 4

Using Raised Markers

This course shows you how your family member with a visual impairment can use the sense of touch (via raised markers) to accomplish tasks such as setting the oven, distinguishing shampoo from conditioner and identifying canned foods. No braille skill is taught or required. Many ideas are offered, and raised markers are provided.



Course: URM-111, Media: C, Lessons: 5

Diagnostic Test

Braille Assessment for Nemeth Code

This brief assessment is used to determine your knowledge of contracted braille, a prerequisite to Basic Nemeth code.

Test: BNC-011, Media: P

Contracted Braille Diagnostic Test

Have you learned uncontracted braille in another setting, or has it been over a year since you completed Hadley's "Introduction to Braille" course? Enrollment in "Contracted Braille" requires a certain level of proficiency with uncontracted braille. This short test measures your ability to read and emboss letters, numbers and a variety of punctuation marks in uncontracted braille. The results determine which braille course is appropriate for you.

Test: CBD-011, Media: LP

Don't miss Seminars @ Hadley

60 to 90 minute "just in time" live Webinars on a variety of topics from the newest technology, employment skills and cooking tips to recreational activities and wellness.

Subscribe to eNews at our Web site to receive announcements about upcoming seminars.

Archived recordings of all seminars are available at **www.hadley.edu**.



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Our mission

To promote independent living through lifelong, distance education programs for people who are blind or visually impaired, their families and blindness service providers

Accredited By



The Accrediting Commission of the Distance Education and Training Council since 1958



The North Central Association Commission on Accreditation and School Improvement since 1978