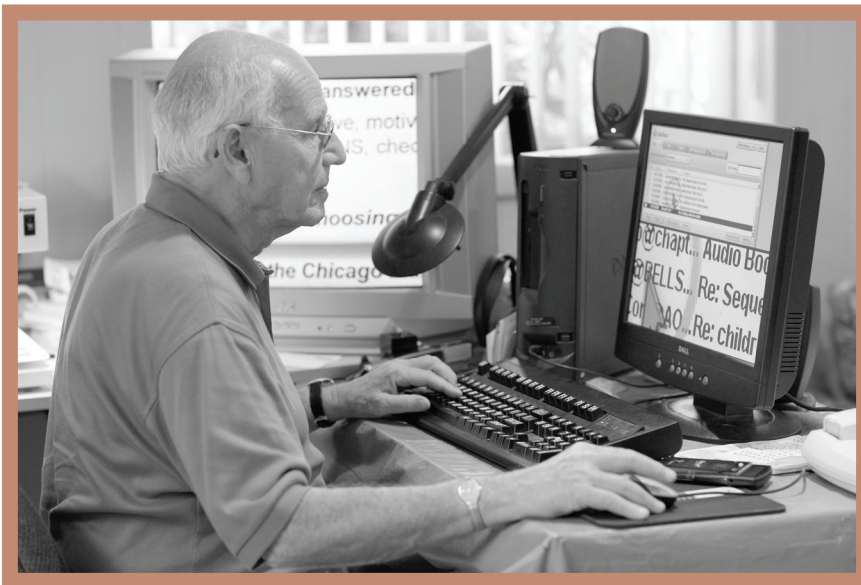


The Hadley School for the Blind

Tuition-free distance education

Courses for Senior Adults with Vision Loss



www.hadley.edu

Courses for Senior Adults

Courses for senior adults promote improved communication and independent living skills, adjustment to vision loss, exploration of recreational opportunities and learning new technologies for those who are blind, visually impaired or have a progressive eye condition.

Eligibility

We invite you to apply for enrollment if

- You are a blind or visually impaired adult and
- You can understand courses written in English

Why Enroll?

- Adjust to life after vision loss
- Learn to read and write braille
- Enhance independent living skills
- Improve employability and business skills
- Explore enriching activities
- Discover the joys of lifelong learning

How to Apply

1. Complete the enrollment application and submit by email postal mail or fax. To expedite the process, complete and submit an online application on our Web site.
2. Ask your medical doctor, ophthalmologist or optometrist to complete and sign the Hadley Eye Report form included with the enrollment application. Eye reports signed by a blindness professional from an agency working with you, are also accepted. This information should be written on the letterhead of the agency.
3. Visit www.hadley.edu for full course descriptions and additional courses and programs areas.

Questions?

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

Phone: 847-446-8111

TTY: 847-441-8111

Fax: 847-446-9820

Email: student_services@hadley.edu

Web site: www.hadley.edu

Course Descriptions

Media Codes: **B** = braille **C** = cassette
DTB = digital talking book **LP** = large print **OL** = online

Braille Literacy 1: Tactile Readiness for Braille

Begin teaching your fingers to read by touch. Learn to move them along lines and down columns of raised dots. This course describes methods used by efficient braille readers. Paired with “Braille Literacy 2,” this course helps you build a strong foundation for taking all other braille courses.

Course: EBR-802, Media: C with B exercise books. Lessons: 6

Braille Literacy 2: Learning the Braille Alphabet

Practice the skills mastered in “Braille Literacy 1” as you learn the letters of the braille alphabet. Exercises introduce single letters and words used for making household labels.

Prerequisite: “Braille Literacy 1.”

Course: EBR-912, Media: C with B exercise books, Lessons: 10

Braille Literacy 3: Uncontracted Braille

Increase your ability to read and write braille by learning uncontracted braille where every word is written out letter by letter (a slate and stylus is included with the course.)

Prerequisite: “Braille Literacy 1 and 2.”

Course: EBR-921, Media: C with B exercise book. Lessons: 8

Braille Literacy 4: Contracted Braille

Increase your braille literacy by learning contracted braille (formerly called grade 2), in which some words and letter combinations are represented by one or a just a few braille characters. The course covers all 189 contractions, some punctuation, and some special signs.

Prerequisite: Successful completion of “Braille Literacy 3” or the ability to read and write uncontracted braille.

Course: EBR-931, Media: C with braille workbook, Lessons: 30

Experience Braille Reading

Do you love to read for enjoyment and interest? Practice using your contracted braille skills with a variety of texts, such as short stories, travel itineraries, song lyrics, menus, catalogs, and recipes. This course provides guided practice in these braille formats and many more.

Prerequisite: Ability to read contracted braille.

Course: EBR-951, Media: B, Lessons: 12

Access Technology: Beginnings

This course is designed to help people who are visually impaired make an informed decision about purchasing a computer. Its goal is to enable a person to select hardware, software and access technology to meet his or her needs.

Course: ATB-101, Media: B, C, LP, OL, Lessons: 4

Diabetes: Toward Self-Management

Learn to identify the factors necessary to successfully manage diabetes. The information in this course is based on recommendations of the American Diabetes Association and the American Dietetic Association.

Course: DIA-101, Media: B, C, LP, OL, Lessons: 10

Effective Listening

After explaining the characteristics of a careful listener, this course suggests mental processes you can develop to enhance your ability to listen effectively. It also describes note-taking techniques and obstacles that can hinder good listening.

Course: EIL-151, Media: C, Lessons: 5

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.

Course GLA-101, Media: B, LP, OL, Lessons: 5

Going Places

This course can help you maintain different, yet independent, travel options. Alternative means of transportation are discussed, as well as planning and safety issues.

Course: EIL-202, Media: B, C, LP, OL, Lessons: 5

The Human Eye

Gain a better understanding of the anatomy of the human eye, how you see, how eyes are examined, diseases and treatments.

Course: EYE-101, Media: B, C, LP, Lessons: 10

Internet Basics

Do you know the history of the Internet or the difference between the Internet and the Web? This intermediate level online course teaches you how to access information online. Prerequisite: Ability to use your own access technology and successful completion of the Internet Skills Diagnostic Test.

Course: INT-101, Media: OL, Lessons: 6

Internet: Beyond the Basics

This course provides you with the information and tools you need to safely use the Internet for everyday activities. You will identify a variety of tools and techniques for your computer, as well as, commonsense practices for keeping your computer safe. Then you will discover how to use the Internet as a major tool for research and reference, travel planning, and shopping. Prerequisite: Ability to use your own access technology or the successful completion of Internet Basics.

Course: FTE-411, Media: OL, Lessons: 5

Independent Living

This course suggests proven techniques and resources to complete everyday tasks once performed visually.

Course: EIL-371, Media: B, C, LP, Lessons: 7

Macular Degeneration

This age-related macular degeneration information will enable you to take an active role in your rehabilitative process.

Course: MDG-101, Media: C, LP, OL, Lessons: 5

Personal Safety: Self-Defense Strategies

This course describes self-defense strategies you can use to reduce risk and increase safety. No hands-on practice is included.

Course: EIL-911, Media: B, C, LP, Lessons: 9

Safety in the Home

This course gives you information you need to protect yourself, your family and your home in case of an emergency.

Course: EIL-921, Media: B, C, LP, OL, Lessons: 7

Self-Esteem and Adjusting with Blindness

This course can help you adjust to life's demands. Strategies for maintaining self-esteem as a blind or visually impaired person are discussed in depth.

Course: SFE-101, Media: B, C, LP, 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, explains how they operate and can help you decide whether to join a supportive self-help group.

Course: SHG-101, Media: B, C, LP, Lessons: 4

Self-Help Groups: Advanced Topics

This course 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's approval.

Course: SHG-201, Media: B, C, LP, Lessons: 4

Typing and Keyboarding

This course enables you to type efficiently on a typewriter or computer keyboard. It focuses on the basic keys that appear on most typewriters and keyboards and explains how to format lists, announcements and letters. Note: This course does not teach word-processing techniques.

Prerequisites: Access to typewriter or computer with an English keyboard. Computer users need familiarity or assistance with booting up the computer, opening and saving word-processing files and printing or emailing assignment submissions.

Course: KEY-101, Media: B, DTB, LP, Lessons: 8

Using Raised Markers

Throughout this course you will use raised markers to label appliances, toiletries, cosmetics, clothing, accessories, medications and food items.

Course URM-101. C. 5 lessons.

Word Processing

Learn to use WordPad to create letters, memos or reports and save and print files. Prerequisite: Familiarity with a computer keyboard, ability to type and access to a computer with Windows 95 or later version.

Course FTE-301. B, C or LP with computer diskette for assignment submission. 5 lessons.

Recreation and Leisure Courses

Art of Ancient Egypt *Course ART-101*

A Birdsong Tutor *Course CRE-201*

Basic Conversational French *Course CML-211*

Basic Conversational Spanish *Course CML-071*

Chess for Beginners *Course CRE-091*

Chess: Principles and Strategies *Course CRE-092*

Container Gardening *Course GAR-101*

Foods Series

Foods: Meat, Poultry and Fish *Course EIL-411*

Foods: Eggs and Dairy Products *Course EIL-421*

Foods: Fruits and Vegetables *Course EIL-431*

Foods: Grains and Sweets *Course EIL-441*

Foods: A Social Perspective *Course EIL-451*



The Hadley School for the Blind

700 Elm Street
Winnetka, IL 60093
800-323-4238

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