



Having Trouble Seeing?

- **Your mail?**
- **Setting your microwave?**
- **Signing your name?**

Are you a Tennessee resident and want to remain independent?

Our Rehab Instructors can teach you ways to:

- Tell Time and Date
- Use your phone
- Write
- Adjust lighting levels
- Prepare simple meals



Rehab Instructors provide one-on-one training in simple skills to make life with vision loss easier. Services are individualized to meet your needs at no cost to you and are available in all areas, including rural counties.

Our instructors can teach you ways to adjust your in-home environment. Let our Rehab Instructors be your partner in personal independence.

Contact our office at: **(833) 751-0597**

For more information about the Independent Living Program please visit:
[TN.Gov/HumanServices/DS/Blind-Visually-Impaired-Services/BVIS-Independent-Living-Services.html](https://www.tn.gov/human-services/ds/blind-visually-impaired-services/bvis-independent-living-services.html)