

The logo features a blue square on the left containing three white dots arranged in a triangle. To the right of the square, the word "HADLEY" is written in a large, bold, black, sans-serif font. Below "HADLEY", the words "FAMILY EDUCATION PROGRAM" are written in a smaller, black, sans-serif font.

HADLEY
FAMILY EDUCATION PROGRAM



EDUCATING — FOR LIFE

FAMILY EDUCATION COURSES
TUITION-FREE DISTANCE EDUCATION

2016 • 2017



INTRODUCTION

Hadley's Family Education (FE) Program offers a variety of tuition-free courses for family members of individuals who are blind or visually impaired. Courses are available primarily online (although some are available through the mail) and are taught by well-credentialed instructors.

Eligibility

You may enroll in the FE Program if you are a parent or grandparent of a blind or visually impaired child, a spouse, adult daughter or son, or adult sibling of a blind or visually impaired adult. 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 visual impairment
- Support a family member's adjustment to vision loss

How to Apply

- Visit **hadley.edu** for course information and policies
- Complete and submit the enrollment application online.
For assistance, contact Student Services at 800.526.9909 or email student_services@hadley.edu



COURSES

EARLY CHILDHOOD AND SCHOOL-AGE CHILDREN

Beginning the Special Education Journey

Learn the basics of the special education services in the United States. This mini-course discusses professionals and the system of services in the United States. 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. Lessons: 7

Finding Your Way

Do you wish you could help your child explore the world independently? This course can help you select games and activities that reinforce the O&M skills children learn in elementary school. Lessons: 5

How to Be Your Child's Advocate

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. Lessons: 1

Learning Through Play

Play is essential to a child's growth and development. This course offers suggestions that parents and caregivers can use to teach children about themselves and the world around them. 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. Lessons: 7

Teaching Children with Blindness & Additional Disabilities

Written by experts in the field of multiple disabilities, this course provides information on how to work with children with specific disabilities and visual impairment and presents teaching strategies. The disabilities discussed include intellectual disabilities, autism spectrum disorder (ASD), deafblindness, learning disabilities and cortical visual impairment (CVI). Lessons: 7

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. Lessons: 1

Transitioning from School Years to Adult Services

This course describes how parents and professionals working with a child who is visually impaired or has additional disabilities can maximize the child's independence at home, school, work and in the community. Lessons: 1

BRAILLE

Introduction to Braille, UEB Edition

This introductory course presents the fundamentals of the braille code, including letters of the alphabet, numbers and punctuation, giving you the tools to communicate in writing with family members or clients who read braille. Lessons: 9

Contracted Braille, UEB Edition

The braille code used for most written material is contracted braille. Being able to read and write in contracted braille will enable you to assist someone who is blind. Lessons: 25

Transitioning to Unified English Braille

If you know contracted braille, transitioning to UEB (Unified English Braille) is important. This course provides a structured approach to learning the differences between EBAE (English Braille American Edition) and UEB. Lessons: 6

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. Lessons: 12

Braille Music Basics

For sighted individuals who want to learn about transcribing print music into braille or teaching braille music, this course offers an introduction to the basics of braille music. Lessons: 5

Braille and Your Baby or Toddler

With guidance from parents and other important adults, infants and toddlers can gain the skills they need to become successful braille readers later. The goal of this course is to provide the tools and information needed to prepare a child for reading braille. Lessons: 4

Braille Teaching Methods for Children

Learning to read can be fun and exciting. Literate children tend to have richer imaginations, larger vocabularies and wider interests than those who cannot read and write. This course provides you with the methods you need to help prepare children to become literate in braille. Lessons: 7

Braille Teaching Methods for Adolescents and Adults

Adolescents and adults who have lost the ability to use print may need help transitioning to braille. This course provides you with the tools and information you need to help prepare

adolescents and adults who are visually impaired to become literate in braille. Lessons: 7

EYE COURSES

Diabetes: Toward Self-Management

This course will help you identify the factors necessary to successfully manage diabetes. Information provided is based on recommendations of the American Diabetes Association and the American Dietetic Association. 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. 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. Lessons: 5

Human Eye 1

This course introduces the human eye and its parts. It enables the student to describe the basic anatomy, routine examination procedures and some common conditions of the human eye. Lessons: 5

Human Eye 2

This course focuses on individual parts of the eye, starting from the outside and exploring inward. It follows “Human Eye 1” and will enable students to further describe the basic anatomy and specific conditions of the human eye. Lessons: 10

Low Vision and School-Age Children

Designed to familiarize parents, schoolteachers, classroom aides, paraeducators and medical professionals with what a student with low vision may need to be successful in school, this course offers an overview of the fundamentals of low vision in students from preschool to high school. Lessons: 7

Introduction to Low Vision and Adults

From the structure of the eye to components of eye exams, from common eye conditions to how people adjust to vision loss — this course provides information that emphasizes strategies and resources to enable people with low vision to live independently. Lessons: 5

INDEPENDENT LIVING

Abacus 1

Learn to do arithmetic the abacus way. Used for thousands of years, the abacus is an efficient, accurate tool for doing math. Lessons: 15

Abacus 2

Further your abacus skills by learning to compute fractions, percents, quantities, square roots and more. Lessons: 5

Guide Dogs (revised course in development)

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. Lessons: 5

Independent Living

The Independent Living Series consists of mini courses (most 2 lessons) that can be taken in any order, depending upon the needs of the individual. Available as of this printing:

- The Beginnings
- Orientation and Mobility Basics
- Clothing Care & Dressing Confidently
- Socialization and Dining
- Cooking
- Personal Care
- Housekeeping
- Basic Home Maintenance

Reinforcing Independence: The Role of the Family

This course discusses how people who lose vision, and their family members, adjust with the vision loss. It dispels myths and presents facts about visual impairment. Lessons: 2

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 people who are blind. Lessons: 10

Self-Help Groups: An Introduction

This course describes the benefits of self-help groups and explains how they operate. It can help you decide whether or not to join a self-help group for family members of blind or visually impaired people. Lessons: 4

Self-Help Groups: Advanced Topics

Are you thinking about starting a self-help group? This course can help you transform your idea into reality. Lessons: 4

BUSINESS CONCEPTS AND SKILLS

Family members of blind and visually impaired individuals are encouraged to take business-related courses and modules. We would like to provide the resources to family members of those planning to start a family business. Visit Hadley's Forsythe Center for Employment and Entrepreneurship (FCE) website for more details at hadley.edu/fce.



ADDITIONAL SERVICES

LOW VISION FOCUS

@ H A D L E Y

seminars
@HADLEY

videos
AT HADLEY

Low Vision Focus @ Hadley

The Low Vision Focus @ Hadley is designed to help older adults with low vision live independently. Our newest program finds practical ways to address daily living skills made difficult by low vision. Younger audiences may benefit from its content. Visit lowvisionfocus.org to find out more.

Seminars@Hadley

Seminars@Hadley is webinars on topics such as technology, employment, cooking, independent living and more, providing relevant information not always available through courses. Listen and interact during our live seminars, or access past seminars anytime. Sign up for eConnect at hadley.edu to receive upcoming seminar announcements.

Videos at Hadley

Videos at Hadley includes the popular iFocus series about the accessibility features in iOS, as well as instructional videos on abacus and low vision, with more to come. Visit hadley.edu/instructionalvideos to find out more.



INSTITUTE FOR THE BLIND
AND VISUALLY IMPAIRED

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Formerly The Hadley School for the Blind

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

