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:  \textbf{B} = braille \quad \textbf{C} = cassette \quad \textbf{DTB} = \text{digital talking book} \quad \textbf{LP} = \text{large print} \quad \textbf{OL} = \text{online}

\textbf{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.
\textbf{Course: EBR-802, Media: C with B exercise books. Lessons: 6}

\textbf{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.
\textbf{Prerequisite: “Braille Literacy 1.”}
\textbf{Course: EBR-912, Media: C with B exercise books, Lessons: 10}

\textbf{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.)
\textbf{Prerequisite: “Braille Literacy 1 and 2.”}
\textbf{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.
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.

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

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.

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.

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.

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.


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

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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