

**Comprehensive Resources for the Visually Impaired in the Greater Houston Area**

**Tamara Traber, OTR, CLVT**

**University of Alabama at Birmingham**

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## **Comprehensive Resources for the Visually Impaired in the Greater Houston Area**

According to the American Foundation for the Blind (n.d.), “visual impairment” is a classification term used to describe a wide range of visual deficits from low vision to total blindness. These visual impairments can result from decreased visual acuity or the ability to see small details, often denoted by Snellen chart measurement of 20/70 or less, best corrected vision, decreased contrast sensitivity, and decreased visual field. This uncorrectable vision loss impedes functional independence and can vary from person to person. The World Health Organization has divided visual function into seven subcategories based on visual acuity: Normal vision (20/12-20/20); Near Normal vision (20/30-20/60); Moderate Low Vision (20/80-20/160); Severe Low Vision (20/200-20/400); Profound Low Vision (20-500-20/1000); Near Blindness (20/1250-20/2500) and Total Blindness (No Light Perception/NLP) (Warren & Barstow, 2011) .

Several conditions can result in vision loss some are the result of chronic health conditions and some are age-related. Chronic health conditions include traumatic brain injury, multiple sclerosis, myasthenia gravis, retinitis pigmentosa, and albinism. Age-related conditions include stroke, macular degeneration, glaucoma, diabetic retinopathy, and optic neuropathies. According to Warren and Barstow (2011), aging is the single best predictor for developing low vision, with two-thirds of persons with low vision older than 65 years. According to Chan, Freidman, Bradley and Massof (2018), as found in 2017, the prevalence of low vision and blindness for adults over 45 years of age in the United States was estimated to be 3,894,406 persons with a Best Corrected Visual Acuity (BCVA) less than 20/40, 1,483,703 persons with a BCVA less than 20/60, and 1,082,790 persons with a BCVA of 20/200 or less. By 2025, it is estimated that there will be 500,000 new cases of low vision yearly (Scheiman, Scheiman & Whittaker, 2007). According to their website in 2020, Prevent Blindness America estimates that in Texas, 255,984 people over the age of 40 are blind or living with visual impairments; 184,253

of this number have visual impairments. Prevent Blindness America also estimates that over 7 million people in the US have diabetic retinopathy; over 2.7 million have glaucoma and over 2 million have age-related macular degeneration. In Texas there are over 600,000 with diabetic retinopathy, 180,000 with glaucoma and 118,000 with age-related macular degeneration.

Considering these numbers, it is no surprise that vision loss is an issue that occupational therapists are increasingly encountering in various practice settings given the impact on engagement in everyday activities and social participation (Tielsh, 2000). Occupational therapy addresses a person's ability to participate in desired daily life activities, including self-care, work, school, play and independence. Reading, writing, and driving are important functional skills that are dependent on visual function. Vision deficits can impact mobility, completing forms, dressing, eating, locating objects, shopping, cooking, grooming, managing finances, managing medications, and social interactions (Scheiman, 2011).

The fear of functional loss and dependence on others can often cause persons with visual impairments to struggle with depressive symptoms, especially in the initial stages. Providing a comprehensive list of resources to those with visual impairments within the initial stages of vision loss can help promote wellbeing and independence (Teitelman & Copolillo, 2005). Persons with visual impairments are not always aware of the services, devices/equipment, or resources available to them may result in loss of independence, isolation, or inadequate services and devices for their individual needs. There can be inequalities (whether real or perceived) in information provided. Only some organizations may be shared, or services are provided more quickly to some persons than others (Crudden&Sansing 2011). Additionally, the internet, which has become the most preferred way to access information, can be inaccessible to the visually impaired community, and those with visual impairments may feel they lack the knowledge and/or skills required to access digital information (Zhou, Parker, Smith & Griffin-Shirley 2011). Often the process becomes more cumbersome for persons with visual

impairments since they are using alternative means, accessibility software or assistive technology to access resources and search the internet. According to Bhardwaj and Kumar(2017), many sites and resources are designed for the visual person and not compatible with screen readers, adaptive keyboards, Braille readers, text to speech synthesizers and other tools used by those with visual impairments. Graphics, moving images, frames, tables, and embedded scripting languages on web pages can all hinder the efforts of those with visual impairments who are using tools and technology.

The Houston Area Visually Impaired Network (HAVIN) is a nonprofit organization comprised of various groups from across the Houston area whose mission is to educate, provide peer support and unify the visually impaired community in the greater Houston area. Each year HAVIN provides an opportunity to bring this community together at its annual Insight Expo that provides workshops, resources, and networking opportunities. Through the course of several meetings, it became evident that not all members had the same knowledge base to share with the visually impaired community. This further illustrates the inequalities previously discussed and impedes those with visual impairments from access to all the available resources in their community. This purpose of this study was to develop a comprehensive list of resources in the greater Houston community for persons with visual impairments and share that list in large print, screen reader friendly and audio format to allow greater accessibility for persons with visual impairments.

### **Data Recruitment and Collection**

A questionnaire format was used to allow researchers to gather many resources at once to develop a comprehensive list of vision loss resources available in the greater Houston area. This survey was created using both multiple choice and open-ended questions. Multiple-choice questions were tailored toward gathering demographic information about the participants including ages, ethnicities served, languages resources are provided in and employment status.

Open-ended questions gathered information about the resources provided for persons with visual impairments served in all settings and all ages. These questions also sought to break down organizations into national, state, and local resources. These questions were purposely left open ended without examples or listed organizations to prevent bias. Questions were developed in collaboration between the principle investigator and advisors using the Qualtrics survey platform and based upon similar surveys in the literature as well as information sought regarding what types of resources were provided to persons with visual impairments.

Information was sought from persons associated with organizations that provided services to the visually impaired community of the greater Houston, Texas area. Participants were excluded if they did not complete the entire survey and if they did not speak, read, and write in English. Participants were solicited through an email sent to organizations and resources known within the Greater Houston area from low vision practice. This includes any resources from workshops, conferences and events attended by the principle investigator. The email included a brief explanation of the study and a hyperlink to the online survey hosted by Qualtrics. The solicitation email also contained a request that participants forward the email to other potential participants (i.e., others who assist the visually impaired in some capacity).

Informed consent was secured electronically through the first question in the survey. If the participant agreed to participate, they would check a box indicating consent followed by release of the survey. If they did not check the box it was perceived as non-consent and survey did not release. Responses were submitted anonymously so it was not possible to track affiliations. There were no known conflicts of interest with this study. The research design was approved by the IRB of the University of Alabama at Birmingham.

## **Data Analysis**

Participants’ responses and data were collected via Qualtrics. This program calculated the number of responses and reported respondents anonymously. Responses for demographic questions were totaled and compared among participants via descriptive statistics. The principle investigator then analyzed the responses for resources, eliminating duplications, and created a detailed list of resources provided by participants. The resources provided were compiled and organized by type of resource and location (national, state, or local) to be shared with the visually impaired community of the greater Houston area.

**Results**

The survey was emailed out to 65 possible participants. Of the 65, nine took the survey prior to the reminder sent out two weeks later. In total 24 people responded, but one survey was incomplete and thus not included in results. Most participants were employed in some capacity (74%) and provided services in mostly English (38%) or Spanish (29%). Participants identified themselves as white (61%), black (35%) or other-non Asian, Islander or Native American (4%). Overall, participants reported serving persons with vision impairments ages 3-90+years of age. The largest age groups served were ages 18-21 and adults ages 40-79.

**Table 1**

*Reported Types of Resources Provided*

Categories	Percent of Participants Providing Resources (n=23)
Activities of Daily Living	9.78
Instrumental Activities of Daily Living	9.78
Rest/Sleep	6.52
Education	16.30
Employment/Volunteering	11.96

Play/Leisure	14.13
Social Participation	18.48
Cultural/ Environmental	13.04

Participants shared a variety of resources (see Table 1) for more information on the type of resources shared. Social participation and educational resources were the most reported categories shared by survey participants. These were resources that addressed advocacy, technology, support, and education. Additional resources on rehabilitation, eye exams, therapy and driving evaluations were also provided among many of the participants.

When asked to list national resources, a total of 82 resources were listed; however, 11 of those listed were not national resources. They included organizations that also have local chapters or clubs and resources that provide adaptive equipment and devices used by those with visual impairments. Several apps and other educational resources were also listed. Participants provided a list of 35 state resources. These included services provided by federal, state and local government and nonprofit organizations, and emergency planning resources. Participants also listed 59 local area resources, including several support groups and leisure activities. Other local resources included services with educational disability and accessibility organizations for continued education beyond high school.

The responses by participants often listed less than eight resources per question, and several responses were similar to other participants. The most listed resources included: Texas Workforce Commission (14 responses), Lighthouse (13 responses), National Federation of the Blind (10 responses), National Library Service/Talking Books (9 responses), and Houston Area Visually Impaired Network-HAVIN (7 responses). Very few participants listed more than 10 resources per response further illustrating the limited awareness of some organizations and services for the visually impaired.

## Discussion

When serving the visually impaired community it is important to share a universal list of all the organizations that could benefit the individual with vision loss. Crudden and Sansing (2011) reported that their participants felt that the lack of information for the visually impaired community resulted in the inability to seek out services if they are unaware of them. In discussing resources with other organizations that serve the visually impaired in the greater Houston area, it became clear that everyone was not sharing the same list of resources to the individuals they served. This disparity can cause a lack of services or missed opportunities to meet all the needs of the persons with visual impairments served. On this survey, several organizations were listed by multiple participants, while others were barely mentioned by even one participant. This further illustrates the disparity of information provided to the visually impaired community. Given this disparity, it is no wonder some visually impaired persons arrive years past diagnosis for services as they may not have known about them previously. Even with annual community events to promote awareness and advocacy for the blind and visually impaired community such as White Cane Day, HAVIN Insight Expo and other local workshops, very few organizations were universally listed by participants.

According to Majinge and Mutula (2018), access to information is a basic human and moral right that everyone should enjoy, including those with visual impairments. Sharing this compiled list of resources with those organizations that participated, as well as posting to HAVIN and Dan Arnold Center for Vision Rehabilitation websites in print and audio formats will aid in the awareness of organizations while increasing the visually impaired community's use of appropriate organizations. Once aware of a service or organization, it is possible to better access those services for increased safety and independence. According to Crudden and Sansing (2011), without knowing all the organizations and services available, those with visual impairments may be referred to less adequate organizations, services or products to meet their

needs. Knowledge is power by ensuring that the organizations that provide services to the visually impaired community are aware of all the resources available, they can share those with persons they serve. This will enable the visually impaired community access to information on all the services available to them. This can decrease the fear of functional loss and dependence many individuals with visual impairments feel that leads to depressive symptoms, especially after initial diagnosis. Providing a comprehensive and complete list of resources available can provide them with devices and services that will allow them to remain more independent within their community. It also allows persons with visual impairments to seek out a variety of leisure activities that are adapted for this population, thus allowing them to participate in enjoyed tasks despite their vision loss.

### **Limitations**

Results should be interpreted with caution since information was collected via survey where participants had to fill in resources from memory to limit and prejudice from suggesting some organizations or types of organizations while unintentionally neglecting others. However, this may have elicited a recall bias where they did not recall all the organizations available or those they referred to. Participants may not have wanted to spend increased time typing out all the resources they are aware of and only listed those used most frequently as a result. Thus, findings may omit additional resources that could also be beneficial for the visually impaired. As well, the small number of participants may have limited the number of resources reported. Since participants were gathered from convenience sample of organizations in the Houston area, it may or may not have been representative of the organizations that serve the visually impaired community nationwide.

### **Future Research**

Gathering additional information from other national and statewide organizations that serve the visually impaired community may provide additional resources. A follow up survey indicating awareness of services provided in the community that lists out several organizations provided on this survey may provide more clarity on organizations referred to. Further studies are needed to gather a more accurate comprehensive list of resources for the visually impaired.

### **Conclusion**

This study compiled a list of resources available to the visually impaired community within the greater Houston area; however, additional research is needed to ensure that all available organizations are listed. This would include reaching out to more state and national level organizations to seek input for resources in those areas. The more resources compiled and shared, the more visually impaired persons can access those resources and services.

### **Acknowledgements**

Thank you to all the participants who completed the survey.

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**Appendix A**

*Survey: Visually Impaired Resources*

I have read attached consent and agree to participate in this survey. I understand that the survey is anonymous and should take 15-20 minutes to complete. I understand that all questions must be answered to be included in the study. If you do not wish to participate please exit the survey. Thank you.

- Consent to participate

What ages do you and/or your organization serve?

- 3-5 years of age
- 5-10 years of age
- 11-17 years of age
- 18-21 years of age
- 21-29 years of age
- 30-39 years of age
- 40-49 years of age
- 50-59 years of age
- 60-69 years of age
- 70-79 years of age
- 80-89 years of age
- Persons 90 years of age and older

Choose one or more races that you consider yourself to be:

- White
- Black or African American
- American Indian or Alaska Native
- Asian
- Native Hawaiian or Pacific Islander
- Other \_\_\_\_\_

What language(s) do you and/or your organization provide services and resources in?

- English
- Spanish
- Vietnamese
- Chinese
- Russian
- Hebrew
- Portuguese
- Other languages

What best describes your current employment status?

- Working (paid employee)
- Working (self-employed)
- Not working (temporary layoff from a job)

- Not working (looking for work)
- Not working (retired)
- Not working (disabled)
- Not working (other)\_\_\_\_\_
- Prefer not to answer

What services do you and/or your organization provide to blind and visually impaired individuals?

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Do you currently provide or share resources for blind or visually impaired individuals?

- Yes
- Maybe
- No

What types of resources do you and/or your organization currently provide for blind or visually impaired individuals? (Please check all that apply.)

- Activities of Daily Living (ADLs) includes bathing, toileting, dressing, eating/feeding, mobility, grooming/hygiene, personal device care and sexual activity
- Instrumental Activities of Daily Living (IADLs) includes care of others/pets, communication management (includes technology), financial management, health management, home management, meal preparation, religious or spiritual activities and expression, emergency management and shopping)
- Rest/Sleep
- Education
- Employment/Volunteering
- Play/Leisure
- Social Participation
- Cultural/Environmental

Please list any NATIONAL resources, organizations, or services that you and/or your organization provide/ or share with blind or visually impaired individuals.

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Please list any STATE (Texas/Louisiana) resources, organizations, or services that you and/or your organization provide/ or share with blind or visually impaired individuals.

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Please list any LOCAL (South East Texas/ Houston area) resources, organizations, or services that you and/or your organization provide/ or share with blind or visually impaired individuals.

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Do you have any additional comments or information to share?

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## Appendix B

### *Comprehensive Resources for the Visually Impaired*

#### I. **Activities of Daily Living**

**Includes: bathing, toileting, dressing, feeding/eating, grooming/hygiene, mobility, personal device care, and sexual activity.**

National Federation of the Blind (Information, Advocacy, Training)

<https://www.nfb.org/>

200 East Wells Street at Jernigan Place

Baltimore, MD 21230

Phone: 410-659-9314

Email: [nfb@nfb.org](mailto:nfb@nfb.org)

[nfbtx.org](http://nfbtx.org)

[twitter.com/NFBTX](https://twitter.com/NFBTX)

Freedom Scientific (Devices, Products)

<https://www.freedomscientific.com/>

Phone:(800) 444-4443 or (727) 803-8000

Hadley (Information, Advocacy, Training)

<https://www.hadley.edu/>

700 Elm Street

Winnetka, IL 60093-2554 USA

Phone: 847-446-8111 or Toll Free: 800-323-4238

Occupational Therapy (Information, Advocacy, Training)

<https://www.aota.org/>

<https://www.tota.org/>

Physical Therapy (Information, Training)

<https://www.apta.org/>

<https://www.tpta.org/>

Orientation and Mobility Services (O&M) (Blind Cane Training)

<https://www.acvrep.org/verify>

MaxiAids (Products, Devices)

<http://www.maxiaids.com/>

42 Executive Blvd.

Farmingdale, NY 11735 USA

[sales@maxiaids.com](mailto:sales@maxiaids.com)

Phone: 1-800-522-6294 - (To Order)

Independent Living Aids (Products, Devices)

<https://www.independentliving.com/>

independent living aids

137 Rano St

Buffalo, NY 14207

Phone: Toll-Free (800) 537-2118 or 855.SHOPILA (855-746-7452)

LS&S (Products, Devices)

<https://www.lssproducts.com/>

Phone: 1-800-468-4789

Email: [lssinfo@lssproducts.com](mailto:lssinfo@lssproducts.com)

Blind Skills (Information)

<http://blindskills.com/>

Blindskills, Inc.

P.O. Box 5181

Salem, OR 97304-0181

Phone: toll-free 800-860-4224 or 503-581-4224

Email: [info@blindskills.com](mailto:info@blindskills.com)

EARS for Eyes (Information)

<http://www.earsforeyes.info/>

Phone: 1-800-843-6816

ORCAM (Devices)

<https://www.orcam.com/en/>

1115 Broadway, 11th floor

New York, NY 10010

Phone: Toll Free - 1-800-713-3741

Nu Eyes (Devices)

<https://nueyes.com/>

120 Newport Center Dr. Suite #232

Newport Beach CA 92660

Phone: 800-605-4033

E-mail: [info@nueyes.com](mailto:info@nueyes.com)

Second Sight (Devices)

<https://secondsight.com/>

12744 San Fernando Road Suite 400

Sylmar, CA 91342 USA

Tel: +1 (818) 833-5000

Lighthouse (Information, Advocacy, Training, Devices, Products)

<https://www.houstonlighthouse.org/>

The Lighthouse of Houston

3602 West Dallas

Houston, Texas 77019

Phone: 713-527-9561

CN Vision Image Consulting (Training)

<http://cnvisionimage.com/>

Phone: 713.553.7041

E-Mail: [chelseawin@cnvisionimage.com](mailto:chelseawin@cnvisionimage.com) OR [chelseawin814@gmail.com](mailto:chelseawin814@gmail.com)

## II. Instrumental Activities of Daily Living

**Includes: care of others/pets, communication management (including technology), financial management, health management, home management, meal preparation, religious and spiritual activities, emergency management, and shopping.**

National Federation of the Blind (Information, Advocacy, Training)

<https://www.nfb.org/>

200 East Wells Street at *Jernigan Place*

Baltimore, MD 21230

Phone: 410-659-9314

Email: [nfb@nfb.org](mailto:nfb@nfb.org)

[nfbtx.org](http://nfbtx.org)

[twitter.com/NFBTX](https://twitter.com/NFBTX)

AIRA (App for devices-Object ID, Reading)

<https://aira.io/>

4225 Executive Sq. Suite 400

La Jolla, CA 92037

Phone: 1-800-835-1934

Email: [support@aira.io](mailto:support@aira.io)

Be My Eyes (App for devices-Object ID, Reading)

<https://www.bemyeyes.com/>

Seeing AI (App for devices-Object ID, Reading)

<https://www.microsoft.com/en-us/ai/seeing-ai>

Blind in Mind (Products, Devices)

<https://blindinmind.com/>

Phone: [1-800-213-4567](tel:1-800-213-4567)

Email: [Info@BlindInMind.com](mailto:Info@BlindInMind.com)

Speak to Me (Products, Devices)

<http://www.speaktomecatalog.com/>

PMB 154

330 SW 43<sup>rd</sup> St. Suite K

Renton, WA 98057

Orders: 800-248-9965 option 2

Customer Service: 800-248-9965 option 4

Email: [customer.service@speaktomecatalog.com](mailto:customer.service@speaktomecatalog.com)

Freedom Scientific (Devices, Products)

<https://www.freedomscientific.com/>

Phone: (800) 444-4443 or (727) 803-8000

Guide Dogs of America (Guide Dogs)

<https://www.guidedogsofamerica.org/>

13445 Glenoaks Boulevard

Sylmar, CA 91342

Phone: (818) 362-5834 or (800) 459-4843

Email: [mail@guidedogsofamerica.org](mailto:mail@guidedogsofamerica.org)

Guide Dogs of Texas (Guide Dogs)

<https://guidedogsoftexas.org/>

1503 Allena Drive

San Antonio, TX 78213

Phone:(210)-366-4081

Email: outreach@guidedogsoftexas.org

SE Guide Dogs (Guide Dogs)

<https://www.guidedogs.org/>

210 77th Street East

Palmetto, FL 34221

Phone: 941-729-5665 or 800-944-3647 (Toll Free)

Hadley (Information, Advocacy, Training)

<https://www.hadley.edu/>

700 Elm Street

Winnetka, IL 60093-2554 USA

Phone: 847-446-8111 or Toll Free: 800-323-4238

Occupational Therapy (Information, Advocacy, Training)

<https://www.aota.org/>

<https://www.tota.org/>

Physical Therapy (Information, Training)

<https://www.apta.org/>

<https://www.tpta.org/>

Orientation and Mobility Services (O&M) (Blind Cane Training)

<https://www.acvrep.org/verify>

LS&S (Products, Devices)

<https://www.lssproducts.com/>

Phone: 1-800-468-4789

Email: lssinfo@lssproducts.com

MaxiAids (Products, Devices)

<http://www.maxiaids.com/>

42 Executive Blvd.

Farmingdale, NY 11735 USA

Phone: 1-800-522-6294

Email: [sales@maxiaids.com](mailto:sales@maxiaids.com)

Independent Living Skills (Products, Devices)

<https://www.independentliving.com/>

137 Rano St

Buffalo, NY 14207

Phone: Toll-Free Sales: (800) 537-2118 or 855.SHOPILA (855-746-7452)

Vispero (Devices)

<https://vispero.com/>

17757 US Hwy 19 N, Suite 560

Clearwater, FL 33764

Phone: 727-803-8000

Email: [info@vispero.com](mailto:info@vispero.com)

HIMS (Devices)

<https://www.hims-inc.com/>

4616 W Howard Lane, Suite 960

Austin, TX 78728

Phone: 888-520-4467

GreatCall (Safety)

<https://www.greatcall.com/>

Phone: 1-800-918-8543

Life Alert (Safety)

<http://www.lifealert.org/>

Phone: 1-800-360-0329

Blind Skills (Information)

<http://blindskills.com/>

P.O. Box 5181

Salem, OR 97304-0181

Phone: toll-free 800-860-4224 or 503-581-4224

Email: [info@blindskills.com](mailto:info@blindskills.com)

EARS for Eyes (Information)

<http://www.earsforeyes.info/>

Phone: 1-800-843-6816

Tell Me (App for Devices)

Text to Speech app for Android

AppleVis (Technology)

<https://applevis.com/>

CosAbility (Leisure)

<http://www.cosability.com/>

Brett Passmore

9659 N. Sam Houston Pkwy E, Suite 150/233

Humble, TX 77396

Phone: 281-932-7057

Email: [info@cosability.com](mailto:info@cosability.com)

Eye Can Alliance (Fitness)

<https://eyecanalliance.org/>

Association of Blind Citizens (Assistance)

<https://blindcitizens.org/>

PO Box 246

Holbrook, MA 02343

Phone: (781) 961-1023

Email: [president@blindcitizens.org](mailto:president@blindcitizens.org)

Give Tech (Technology)

<http://givetech.org/information/>

548 Market St #89706

San Francisco, CA 94104

Phone: 415-750-2570

Humanware (Devices)

<http://www.humanware.com/en-usa/home>

[Info@humanware.com](mailto:Info@humanware.com)

Phone: 1-800-722-3393

Nu Eyes (Devices)

<https://nueyes.com/>

120 Newport Center Dr. Suite #232

Newport Beach CA 92660

Phone: 800-605-4033

E-mail: [info@nueyes.com](mailto:info@nueyes.com)

ORCAM (Devices)

<https://www.orcam.com/en/>

1115 Broadway, 11th floor

New York, NY 10010

Toll Free - 1-800-713-3741

Second Sight (Devices)

<https://secondsight.com/>

12744 San Fernando Rd, Building 4

Sylmar, CA 91342

Phone: 1-818-833-5060 or 1-818-833-5000

Email: [service@second sight.com](mailto:service@second sight.com)

GoGoGrandparent (Transportation)

<https://gogograndparent.com/>

Phone: 1-800-464-6872

Email: [support@gogograndparent.com](mailto:support@gogograndparent.com)

Independent Living Centers (Assistance, Information, Training)

<https://h cil.cc/>

Brazoria County Center for Independent Living

1104-D East Mulberry

Angleton, Texas 77515

Phone: (979)849-7060

[bccil@neosoft.com](mailto:bccil@neosoft.com)

Houston Center for Independent Living

6201 Bonhomme Road, Suite 150 South

Houston, Texas 77036

Phone: (713) 974-4621 OR Toll-Free: 1-877-877-7082

[h cil@neosoft.com](mailto:h cil@neosoft.com)

Fort Bend Center for Independent Living

12946 Dairy Ashford Road, Suite 110

Sugar Land, Texas 77478

Phone: (281) 980-2219

[fbcil@neosoft.com](mailto:fbcil@neosoft.com)

Christal Vision (Devices)

<http://www.christal-vision.com/>

106 Evans Oak Ln.

San Antonio, TX 78260

Phone: (210) 666-0700 or (800) 299-0700 (Toll Free)

Email: [ed@satx.rr.com](mailto:ed@satx.rr.com)

911 profile (Safety)

<https://www.911.org/>

<https://da.911.org/Account/Terms>

Phone: 832-237-9911

Email: [Infor@911.org](mailto:Infor@911.org)

State of Texas Emergency Assistance Registry (STEAR) (Safety)

<https://tdem.texas.gov/stear/>

Phone: 211

Phone: 877-541-7905

Community Emergency Response Team (CERT) (Safety)

<https://www.houstoncert.org/>

<https://www.ready.gov/cert>

Metro Services (Transportation)

<https://www.ridemetro.org/Pages/index.aspx>

1900 Main St.

Houston, Texas 77002

Phone: 713-635-4000

METROLift: 713-225-0119

Mega Bus (Transportation)

<https://us.megabus.com/>

1-877-GO2-MEGA (1-877-462-6342)

Lighthouse (Information, Advocacy, Training, Devices, Products)

<https://www.houstonlighthouse.org/>

The Lighthouse of Houston

3602 West Dallas

Houston, Texas 77019

Phone: 713-527-9561

UH Center for Sight Enhancement (Information, Devices, Examinations)

<https://www.opt.uh.edu/patient-care/uei/our-services/low-vision/>

4901 Calhoun Rd

Houston, Texas 77204

Phone: (713) 743-0799

Dan Arnold Center for Vision Rehabilitation (Information, Devices, Examinations, Training)

<http://www.cizikeye.org/low-vision-visual-rehabilitation/>

6400 Fannin, Mail Stop 18<sup>th</sup> floor, Suite 1950

Houston, TX 77030

Phone: (713) 559-5269

Food Banks (Assistance)

<https://www.houstonfoodbank.org/>

<https://www.covenanthouse.org/>

[https://www.needhelppayingbills.com/html/houston\\_food\\_banks\\_and\\_pantrie.htm](https://www.needhelppayingbills.com/html/houston_food_banks_and_pantrie.htm)

!

<https://www.feedingamerica.org/find-your-local-foodbank>

SmartCare (Pharmacy, Home Care)

2100 West Loop S # 800

Houston, TX 77027

Phone: 713-322-0332

Email: [info@SmartCareHouston.com](mailto:info@SmartCareHouston.com)

Tech for Vision Loss classes (Technology)

Phone: 832-821-5040

Email: [techforvisionloss@gmail.com](mailto:techforvisionloss@gmail.com)

Harris C. RIDES (Transportation)

<https://rides.harriscountytexas.gov/pages/default.aspx>

8410 Lantern Point Drive

Houston, Texas 77054

Phone: 713-368-RIDE (7433)

Stromatt Driving Rehabilitation (Transportation)

<https://www.driverrehabservices.com/>

10690 Shadow Wood Drive, Suite 113

Houston, TX 77043

Phone: (713) 722-0667 or toll free 866-394-5920

### III. Rest/Sleep

Occupational Therapy (Information, Advocacy, Training)

<https://www.aota.org/>

<https://www.tota.org/>

Vanda (Medication, Information)

<https://www.non-24.com/about-vanda.php>

Phone: 1-855-856-2424

### IV. Education

National Federation of the Blind (Information, Advocacy, Training)

<https://www.nfb.org/>

200 East Wells Street at *Jernigan Place*

Baltimore, MD 21230

Phone: 410-659-9314

Email: [nfb@nfb.org](mailto:nfb@nfb.org)

[nfbtx.org](http://nfbtx.org)

[twitter.com/NFBTX](https://twitter.com/NFBTX)

American Council of the Blind (Information, Advocacy)

<https://www.acb.org/>

1703 N Beauregard St, Suite 420

Alexandria, VA 22311

Phone: 202-467-5081 OR 800-424-8666

<http://www.acbtexas.org/>

Foundation Fighting Blindness (Information, Advocacy)

<https://www.fightingblindness.org/>

<https://www.fightingblindness.org/chapters/houston-chapter>

Email: [Houston@fightingblindness.org](mailto:Houston@fightingblindness.org)

American Foundation of the Blind (Information, Advocacy)

<https://www.afb.org/>

1401 South Clark Street, Suite 730

Arlington, VA 22202

Phone: 212-502-7600

American Association of People with Disabilities (Information, Advocacy)

<https://www.aapd.com/>

2013 H Street, NW, 5<sup>th</sup> Floor

Washington, DC 20006

Phone: 800-840-8844

AIRA (App for devices-Object ID, Reading)

<https://aira.io/>

4225 Executive Sq., Suite 400

La Jolla, CA 92037

Phone: [1-800-835-1934](tel:1-800-835-1934)

Email: [support@aira.io](mailto:support@aira.io)

Be My Eyes (App for devices-Object ID, Reading)

<https://www.bemyeyes.com/>

Seeing AI (App for devices-Object ID, Reading)

<https://www.microsoft.com/en-us/ai/seeing-ai>

Harris Co. (Safety)

<https://www.harriscountytexas.gov/>

211(Safety)

<http://www.211.org/>

<https://www.211texas.org/>

<https://www.unitedwayhouston.org/work/211/>

San Jacinto College (Accessibility)

<https://www.sanjac.edu/accessibility>

<https://www.sanjac.edu/student-services/student-concerns/student-handbook/disability-services>

TAMU disability services (Accessibility)

<https://disability.tamu.edu/>

Perkins School for the Blind (Information)

<https://www.perkins.org/>

Vision Aware (Information)

<https://www.visionaware.org/>

The Association for Education and Rehabilitation of the Blind and Visually Impaired (AER)  
(Information)

<https://aerbvi.org/>

Hadley (Information, Advocacy, Training)

<https://www.hadley.edu/>

700 Elm Street

Winnetka, IL 60093-2554 USA

Phone: 847-446-8111 or Toll Free: 800-323-4238

American Printing House (Information, Products, Devices)

<https://www.aph.org/>

Helen Keller Services for the Blind (Information)

<https://www.helenkeller.org/>

Learning Ally (Reading)

<https://learningally.org/>

Occupational Therapy (Information, Advocacy, Training)

<https://www.aota.org/>

<https://www.tota.org/>

Non-Visual Desktop Access (NVDA) (Technology)

<https://www.nvaccess.org/>

Area Agency on Aging (Information)

<https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/area-agencies-aging-aaa>

Prevent Blindness (Information, Advocacy)

<https://www.preventblindness.org/>

<https://texas.preventblindness.org/contact-us-5>

Southeast Texas Regional Office

2202 Waugh Drive  
Houston, Texas 77006  
Phone: (713) 526-2559

My Service Dog and Me (Guide Dogs)

<http://myservicedogandme.com/online-learning/>

Email: [servicedogs@mydogandmellc.com](mailto:servicedogs@mydogandmellc.com)

Texas State School for the Blind and Visually Impaired (Information, Training)

<https://www.tsbvi.edu/>

Criss Cole Rehabilitation Services (Information, Training)

<https://www.twc.texas.gov/jobseekers/criss-cole-rehabilitation-center>

Lighthouse (Information, Advocacy, Training, Devices, Products)

<https://www.houstonlighthouse.org/>

The Lighthouse of Houston

3602 West Dallas

Houston, Texas 77019

Phone: 713-527-9561

Region IV Services (ISD appropriate) (Information, Training)

<https://www.esc4.net/>

Texas Parents of Blind Children (Information, Support)

<http://www.tpobc.org/>

Texas Association of Parents of Children with Visual Impairments (TAPVI) (Information, Support)

<http://www.tapvi.org/>

NW Hills Eye Care (Devices, Examinations, Training)

<https://www.nwhillseyecare.com/>

Texas Technology Access Program (Technology)

<http://techaccess.edb.utexas.edu/>

School District services (Information, Training)

<https://tea.texas.gov/academics/special-student-populations/special-education/programs-and-services/sensory-impairments>

<https://www.esc4.net/specialeducation/region-4-regional-day-school-program-for-the-deaf-rdspd/sensory-team-services>

<https://www.houstonisd.org/Page/58432>

Partners Resource Network (Support-Children)

<https://prntexas.org/>

1090 Longfellow Drive

Beaumont, TX 77706

Phone: (409) 898-4684

Harris Co. (Safety)

<https://www.harriscountytexas.gov/>

211 (Safety)

<http://www.211.org/>

<https://www.211texas.org/>

<https://www.unitedwayhouston.org/work/211/>

San Jacinto College (Accessibility)

<https://www.sanjac.edu/accessibility>

<https://www.sanjac.edu/student-services/student-concerns/student-handbook/disability-services>

TAMU disability services (Accessibility)

<https://disability.tamu.edu/>

UH Center for Sight Enhancement (Information, Devices, Examinations)

<https://www.opt.uh.edu/patient-care/uei/our-services/low-vision/>

4901 Calhoun Rd  
Houston, Texas 77204  
Phone: (713) 743-0799

Dan Arnold Center for Vision Rehabilitation (Information, Devices, Examinations)

<http://www.cizikeye.org/low-vision-visual-rehabilitation/>

6400 Fannin, 18<sup>th</sup> floor  
Houston, TX 77030  
Phone: (713) 559-5269

Cizik Eye Clinic (Information, Examinations)

<http://www.cizikeye.org/>

6400 Fannin St, 18<sup>th</sup> Floor  
Houston, TX 77030  
Phone: (713) 559-5200  
Email: info@cizikeye.org

Houston Eye Associates (Information, Examinations)

<https://www.houstoneye.com/>

Phone: (713) 688-6828

Houston Public Library (Reading)

<https://houstonlibrary.org/>

500 McKinney St.  
Houston, TX 77002  
Phone: (832) 393-1313

VAST Academy (Accessibility)

<https://www.hccs.edu/continuing-education/departments/hcc-vast-academy/>

1301 Alabama 101b  
Houston, TX 77004

Houston Museum of Fine Arts Art Beyond Sight Program (Accessibility)

<https://www.mfah.org/calendar/art-beyond-sight>

Beck Building

5601 Main St

Houston, TX 77005

Phone: (713) 639-7323

Email: [tours@mfah.org](mailto:tours@mfah.org)

Houston Museum of Natural Science Touch Tours Program (Accessibility)

<http://www.hmns.org/visit/accessibility/blind-and-low-vision/>

5555 Hermann Park Drive

Houston, TX 77030

Phone: (713) 639-4620

Email: [accessprogramming@hmns.org](mailto:accessprogramming@hmns.org)

RGA Tech Solutions (Technology)

Phone: 832-639-4477

Email: [training@rgats.com](mailto:training@rgats.com)

**V. Employment/Volunteering**

Equal Employment Opportunity Commission (Employment)

<https://www.eeoc.gov/>

Houston District Office

Mickey Leland Building

1919 Smith Street, 6<sup>th</sup> Floor

Houston, TX 77002

Phone: 1-800-669-4000

Occupational Therapy (Information, Advocacy, Training)

<https://www.aota.org/>

<https://www.tota.org/>

AIRA (App for devices-Object ID, Reading)

<https://aira.io/>

4225 Executive Sq., Suite 400

La Jolla, CA 92037

Phone: 1-800-835-1934

Email: [support@aira.io](mailto:support@aira.io)

Be My Eyes (App for devices-Object ID, Reading)

<https://www.bemyeyes.com/>

Seeing AI (App for devices-Object ID, Reading)

<https://www.microsoft.com/en-us/ai/seeing-ai>

ORCAM (Devices)

<https://www.orcam.com/en/>

1115 Broadway, 11th floor

New York, NY 10010

Phone: Toll Free - 1-800-713-3741

Nu Eyes (Devices)

<https://nueyes.com/>

120 Newport Center Dr. Suite #232

Newport Beach CA 92660

Phone: 800-605-4033

E-mail: [info@nueyes.com](mailto:info@nueyes.com)

Second Sight (Devices)

<https://secondsight.com/>

12744 San Fernando Road, Suite 400

Sylmar, CA 91342 USA

Phone: +1 (818) 833-5000

Non-Visual Desktop Access (NVDA) (Technology)

<https://www.nvaccess.org/>

VISOR/VA (Training, Devices, Examination-Veterans)

<https://www.houston.va.gov/services/VISOR.asp>

Michael E. DeBakey VA Medical Center

Building 108

Phone: 713-794-7532

Disability Rights (Accessibility)

<https://www.disabilityrightstx.org/en/home/>

Phone: 1-800-252-9108

Texas Workforce Commission (Information, Training, Devices, Employment)

<https://www.twc.texas.gov/>

Phone: 1-800-628-5115

Email: [customers@twc.state.tx.us](mailto:customers@twc.state.tx.us)

Lighthouse (Information, Advocacy, Training, Devices, Products)

<https://www.houstonlighthouse.org/>

The Lighthouse of Houston

3602 West Dallas

Houston, Texas 77019

Phone: 713-527-9561

Work Quest (Employment)

<https://workquest.com/>

1011 East 53 1/2 Street

Austin, TX 78751

Phone: 512-451-8145

E-mail: [information@workquesttx.com](mailto:information@workquesttx.com)

Blind Professionals Network (Employment, Support)

[www.facebook.com/blindpronet](http://www.facebook.com/blindpronet)

Contact Victoria Hillard

Phone: (800) 699-8238

Email: [info@BlindProNet.org](mailto:info@BlindProNet.org)

Mayor's Office for People with Disabilities (Accessibility)

<https://www.houstontx.gov/disabilities/>

Meets: Metropolitan Multi-Service Center

1475 West Gray, Houston, TX, 77019 4:00 P.M – 6:00 P.M. 2nd Thursday

Email: [mopdmail@houstontx.gov](mailto:mopdmail@houstontx.gov)

Phone: 832-394-0814

Houston Commission on Disabilities (Accessibility)

<https://www.houstontx.gov/disabilities/commission.html>

Independent Living/Older Individuals that are Blind (Training, Information, Devices)

<https://hccil.cc/>

Brazoria County Center for Independent Living

1104-D East Mulberry

Angleton, Texas 77515

Phone: (979) 849-7060

[bccil@neosoft.com](mailto:bccil@neosoft.com)

Houston Center for Independent Living

6201 Bonhomme Road, Suite 150 South

Houston, Texas 77036

Phone: (713) 974-4621 OR Toll-Free: 1-877-877-7082

[hcil@neosoft.com](mailto:hcil@neosoft.com)

Fort Bend Center for Independent Living

12946 Dairy Ashford Road, Suite 110

Sugar Land, Texas 77478

Phone: (281) 980-2219

[fbcil@neosoft.com](mailto:fbcil@neosoft.com)

CN Image Consulting (Training)

<http://cnvisionimage.com/>

Phone: 713-553-7041

E-Mail: [chelseawin@cnvisionimage.com](mailto:chelseawin@cnvisionimage.com) OR [chelseawin814@gmail.com](mailto:chelseawin814@gmail.com)

## VI. Play and Leisure

National Federation of the Blind (Information, Advocacy, Training)

<https://www.nfb.org/>

200 East Wells Street at *Jernigan Place*

Baltimore, MD 21230

Phone: 410-659-9314

Email: [nfb@nfb.org](mailto:nfb@nfb.org)

[nfbtx.org](http://nfbtx.org)

[twitter.com/NFBTX](https://twitter.com/NFBTX)

Blind Audio Description Project (Accessibility)

<http://www.acb.org/adp/>

Lions Club (Assistance)

<https://www.lionsclubs.org/en>

300 22<sup>nd</sup> St

Oak Brook, IL 60523-8842

Phone: 630-571-5466

<https://www.lionsclubs.org/en/start-our-approach/club-locator>

National Library Service/ BARD/ Talking Books Program (Reading)

<https://www.loc.gov/nls/>

BARD: 1-888-657-7323

Email: [nls@loc.gov](mailto:nls@loc.gov)

<https://www.tsl.texas.gov/tbp/index.html>

Physical address: 1201 Brazos St., Austin, TX 78701

Mailing address: P.O. Box 12927, Austin, TX 78711-2927

Phone: (512) 463-5455

Email: [info@tsl.texas.gov](mailto:info@tsl.texas.gov)

The Blind Life (YouTube) (Information, Advocacy)

<https://www.youtube.com/channel/UCNbzN3eHbLKPzltSB560DkA/videos>

Email: [TheBlindLifeSam@gmail.com](mailto:TheBlindLifeSam@gmail.com)

Learning Ally (Reading)

<https://learningally.org/>

Hadley (Information, Advocacy, Training)

<https://www.hadley.edu/>

700 Elm Street

Winnetka, IL 60093-2554 USA

Phone: 847-446-8111 or Toll Free: 800-323-4238

Occupational Therapy (Information, Advocacy, Training)

<https://www.aota.org/>

<https://www.tota.org/>

National Braille Press (Reading)

<https://www.nbp.org/>

88 St. Stephen Street  
Boston, MA 02115  
Phone: 617-266-6160 OR Toll Free: 888-965-8965  
Email: [contact@nbp.org](mailto:contact@nbp.org)

Braille Authority (Reading)

<http://www.brailleauthority.org/>  
Phone: 202-707-3001  
Email: [chair@brailleauthority.org](mailto:chair@brailleauthority.org)

MaxiAids (Products, Devices)

<http://www.maxiaids.com/>  
42 Executive Blvd.  
Farmingdale, NY 11735 USA  
Phone: 1-800-522-6294 - (To Order)  
Email: [sales@maxiaids.com](mailto:sales@maxiaids.com)

Independent Living Aids (Products, Devices)

<https://www.independentliving.com/>  
137 Rano St  
Buffalo, NY 14207  
Phone: Toll-Free Sales: (800) 537-2118 or 855.SHOPILA (855-746-7452)

LS&S (Products, Devices)

<https://www.lssproducts.com/>  
Phone: 1-800-468-4789  
Email: [lssinfo@lssproducts.com](mailto:lssinfo@lssproducts.com)

Vispero (Devices)

<https://vispero.com/>  
17757 US Hwy 19 N, Suite 560

Clearwater, FL 33764

Phone: 727-803-8000

Email: [info@vispero.com](mailto:info@vispero.com)

HIMS (Devices)

<https://www.hims-inc.com/>

4616 W Howard Lane, Suite 960

Austin, TX 78728

Phone: 888-520-4467

Amazon-Lighting, thermostats, smart speakers, etc. (Products, Devices)

<https://www.amazon.com/>

Achilles International (Fitness)

<https://www.achillesinternational.org/who-we-are>

HOUSTON

Contact: [Sagrario Baca](mailto:Sagrario Baca)

Telephone: 281-796-4883

Email: [sag@achilleshouston.org](mailto:sag@achilleshouston.org)

ARES Amateur Ham Radio (Leisure)

<http://www.arri.org/ares>

225 Main St

Newington, CT 06111-1400

Phone: (860) 594-0200 or Toll Free 888-277-5289 [hq@arri.org](mailto:hq@arri.org)

Bookshare (Reading)

<https://www.bookshare.org/cms/>

Newsline (Reading)

<https://www.nfb.org/programs-services/nfb-newsline>

Phone: 866-504-7300

Braille Bibles (Reading)

<http://www.braillebibles.org/>

1908 Plumbers Way Ste 100

Post Office Box 378

Liberty, MO 64069-0378

Phone: (800) 522-4253

Email:[info@BrailleBibles.org](mailto:info@BrailleBibles.org)

Blind Mice Mart (Products, Devices)

[https://www.blindmicemegamall.com/bmm/shop/Directory\\_Departments?storeid=82333](https://www.blindmicemegamall.com/bmm/shop/Directory_Departments?storeid=82333)

Phone: 713-893-7277

Described Movies (Accessibility)

<https://archive.org/details/moviesfortheblind>

Disney + (Accessibility)

[https://www.disneyplus.com/welcome?cid=DSS-Search-Bing-71700000058722563&s\\_kwcid=AL!%208468!10!79714710913287!79714951915574&msclkid=67f2fe30e00e1663c10ba0955776893d&gclid=CL38r5jChukCFe-AxQldJBUJ2w&gclsrc=ds](https://www.disneyplus.com/welcome?cid=DSS-Search-Bing-71700000058722563&s_kwcid=AL!%208468!10!79714710913287!79714951915574&msclkid=67f2fe30e00e1663c10ba0955776893d&gclid=CL38r5jChukCFe-AxQldJBUJ2w&gclsrc=ds)

Kiwanis (Assistance)

<https://www.kiwanis.org/>

Humanware (Devices)

<http://www.humanware.com/en-usa/home>

[Info@humanware.com](mailto:Info@humanware.com)

Phone: 1-800-722-3393

Nu Eyes (Devices)

<https://nueyes.com/>

120 Newport Center Dr. Suite #232

Newport Beach CA 92660

Phone: 800-605-4033

E-mail: [info@nueyes.com](mailto:info@nueyes.com)

ORCAM (Devices)

<https://www.orcam.com/en/>

1115 Broadway, 11th floor

New York, NY 10010

Phone: Toll Free - 1-800-713-3741

Limelighter (App for Devices, Read Music)

<http://www.dancingdots.com/limelighter/limelightermain.htm>

Music Zoom (App for Devices, Read Music)

[http://musiczoomapp.com/Music\\_Zoom/Home.html](http://musiczoomapp.com/Music_Zoom/Home.html)

Magnipy (App for Devices, Read Music)

<http://www.makersbox.us/2013/10/magnipy-low-vision-music-reader.html>

<https://www.youtube.com/watch?v=4tvPX4ocKLg>

AIRA (App for devices-Object ID, Reading)

<https://aira.io/>

4225 Executive Sq., Suite 400

La Jolla, CA 92037

Phone: 1-800-835-1934

Email: [support@aira.io](mailto:support@aira.io)

Be My Eyes (App for devices-Object ID, Reading)

<https://www.bemyeyes.com/>

Seeing AI (App for devices-Object ID, Reading)

<https://www.microsoft.com/en-us/ai/seeing-ai>

Blind Golf Association (Fitness)

<https://www.usblindgolf.com/>

Email: [info@usblindgolf.com](mailto:info@usblindgolf.com)

Sight Savers of America (Assistance, Devices-Children)

<https://sightsaversamerica.org/>

337 Business Circle

Pelham, Alabama 35124

Phone: 877-942-2627

Email: [info@sightsaversamerica.org](mailto:info@sightsaversamerica.org)

Easter Seals (Devices, Information, Support)

<https://www.easterseals.com/>

141 W. Jackson Blvd, Suite 1400A

Chicago, IL 60604

Phone: 800-221-6827

<https://www.eastersealshouston.org/>

4888 Loop Central Drive, Suite 200

Houston, TX 77081

Phone: 713-838-9050

Beep Baseball (Fitness)

<https://www.nbba.org/teams/>

Discover Technologies (Technology)

<https://discovertechnologies.com/>

13241 Woodland Park Rd, Suite 610

Herndon, VA 20171

Phone: 800-368-2344

Email: [info@discovertechnologies.com](mailto:info@discovertechnologies.com)

VISOR Program/VA (Training, Devices, Examination-Veterans)

<https://www.houston.va.gov/services/VISOR.asp>

Michael E. DeBakey VA Medical Center

Building 108

Phone: 713-794-7532

Lighthouse (Information, Advocacy, Training, Devices, Products)

<https://www.houstonlighthouse.org/>

The Lighthouse of Houston

3602 West Dallas

Houston, Texas 77019

Phone: 713-527-9561

Christal Vision (Devices)

<http://www.christal-vision.com/>

106 Evans Oak Ln.

San Antonio, TX 78260

Phone: (210) 666-0700 or (800) 299-0700 (Toll Free)

Email: [ed@satx.rr.com](mailto:ed@satx.rr.com)

Computers for the Blind (Technology)

<https://www.computersfortheblind.org/>

1201 S. Sherman St., Suite 206

Richardson, TX 75081

Phone: 214-340-6328

Email: [info@computersfortheblind.org](mailto:info@computersfortheblind.org)

Touchbase Center for DeafBlind (Information, Accessibility)

<https://www.touchbasecenter.org/>

Phone: 832-877-3333

[Contact@touchbasecenter.org](mailto:Contact@touchbasecenter.org)

Southwest ADA Center (Accessibility)

[www.southwestada.org/](http://www.southwestada.org/)

Phone: 1-800-949-4ADA OR 713-797-7171

Sight into Sound (Reading)

<http://sightintosound.org/>

Phone :713-622-2767

Email: [info@sightintosound.org](mailto:info@sightintosound.org)

Creating with Blind Abandon (Leisure)

<https://creatingwithblindabandon.com/>

Email: [creatingwithblindabandon@gmail.com](mailto:creatingwithblindabandon@gmail.com)

West Gray Multipurpose Center (Information, Support, Fitness)

<http://www.houstontx.gov/parks/adaptivesports.html>

1475 West Gray

Houston, TX 77019

Phone: 832-395-7333

Catapult (Fitness)

<https://www.teamcatapult.org/>

Email: [hello@teamcatapult.org](mailto:hello@teamcatapult.org)

Sailing Angels (Fitness, Leisure)

<http://www.sailingangels.org/>

Phone: 281-507-1867

Email: [DaveMcCabe@SailingAngels.org](mailto:DaveMcCabe@SailingAngels.org)

Serene Travel (Leisure)

Greg Roberts

Phone: 832-269-8844

Email: [info@serenetravel.net](mailto:info@serenetravel.net)

Theatre Under the Stars (TUTS) (Leisure)

<https://www.tuts.com/>

TIRR (Training)

[tirr.memorialhermann.org/](http://tirr.memorialhermann.org/)

Phone: 1-800-44-REHAB (73422)

UR Gems (Support)

<http://www.urgems.com/>

Phone: 281-886-7781

Email: [info@urgems.com](mailto:info@urgems.com)

## **VII. Social Participation**

Lions Club (Assistance)

<https://www.lionsclubs.org/en>

300 22<sup>nd</sup> St

Oak Brook, IL 60523-8842

Phone: 630-571-5466

<https://www.lionsclubs.org/en/start-our-approach/club-locator>

AT&T (Devices, Technology)

<https://www.att.com/>

Sprint (Devices, Technology)

<https://www.sprint.com/>

Phone: 888-211-4727

Occupational Therapy (Information, Advocacy, Training)

<https://www.aota.org/>

<https://www.tota.org/>

Blind Veterans of America (Support-Veterans)

<https://www.bva.org/>

1101 King Street, Suite 300

Alexandria, VA 22314

Phone: 800-669-7079

Free Directory Assistance (Devices, Technology)

AT&T: 800-872-3883 [www.consumer.att.com/relay](http://www.consumer.att.com/relay)

Comcast: 800-266-2278 [www.customer.comcast.com](http://www.customer.comcast.com)

Verizon: 800-922-0204 [www.aboutus.vzw.com/accessibility/index.html](http://www.aboutus.vzw.com/accessibility/index.html)

Nu Eyes (Devices)

<https://nueyes.com/>

120 Newport Center Dr. Suite #232

Newport Beach CA 92660

Phone: 800-605-4033

ORCAM (Devices)

<https://www.orcaml.com/en/>

1115 Broadway, 11th floor

New York, NY 10010

Phone: Toll Free - 1-800-713-3741

Second Sight (Devices)

<https://secondsight.com/>

12744 San Fernando Rd, Building 4

Sylmar, CA 91342

Phone: 1-818-833-5060 or 1-818-833-5000

Email: [service@secondsight.com](mailto:service@secondsight.com)

Guide Dogs of America (Guide Dogs)

<https://www.guidedogsofamerica.org/>

13445 Glenoaks Boulevard

Sylmar, CA 91342

Phone: (818) 362-5834 or (800) 459-4843

Email: [mail@guidedogsofamerica.org](mailto:mail@guidedogsofamerica.org)

Guide Dogs of Texas (Guide Dogs)

<https://guidedogsoftexas.org/>

1503 Allena Drive

San Antonio, TX 78213

Phone:(210)-366-4081

Email: [outreach@guidedogsoftexas.org](mailto:outreach@guidedogsoftexas.org)

SE Guide Dogs (Guide Dogs)

<https://www.guidedogs.org/>

210 77th Street East

Palmetto, FL 34221

Phone: 941-729-5665 or 800-944-3647 (Toll Free)

Special Education Advocacy (Information, Support)

<https://www.seadvocacy.com/services>

50 Oak Court, Suite 100

Danville, CA 94526

Phone: (925) 263-1770

Email: [info@seadvocacy.com](mailto:info@seadvocacy.com)

SKIP typing (Technology)

<https://www.skiptyping.com/#!>

1510 Eldridge, Suite 110-189

Houston, TX 77077

Phone: 832-554-7563

Email: [info@skiptyping.net](mailto:info@skiptyping.net)

GoGoGrandparent (Transportation)

<https://gogograndparent.com/>

Phone: 1-800-464-6872

Email: [support@gogograndparent.com](mailto:support@gogograndparent.com)

AIRA (App for devices-Object ID, Reading)

<https://aira.io/>

4225 Executive Sq., Suite 400

La Jolla, CA 92037

Phone: 1-800-835-1934

Email: [support@aira.io](mailto:support@aira.io)

Be My Eyes (App for devices-Object ID, Reading)

<https://www.bemyeyes.com/>

Seeing AI (App for devices-Object ID, Reading)

<https://www.microsoft.com/en-us/ai/seeing-ai>

Mega Bus (Transportation)

<https://us.megabus.com/>

1-877-GO2-MEGA (1-877-462-6342)

Lions Camp (Leisure, Support)

<http://www.lionscamp.com/>

4100 San Antonio HWY

Kerrville, TX 78028

Phone: 830-896-8500

Email: [tlc@lionscamp.com](mailto:tlc@lionscamp.com)

Lone Star Legal Aid (Accessibility)

<http://lonestarlegal.org/>

Phone: (800) 733-8394

Texas Association for Parents of Children with Visual Impairments (TAPVI) (Support)

[www.tapvi.org/](http://www.tapvi.org/)

1100 W 45<sup>th</sup> St

Austin, TX 78756

Specialized Telecommunications Assistance Program (STAP) (Safety)

<https://hhs.texas.gov/services/disability/deaf-hard-hearing/specialized-telecommunications-assistance-program-stap>

CapTel (Safety)

<https://www.captel.com/>

Phone: 800-233-9130

Email: [captel@captel.com](mailto:captel@captel.com)

Houston Area Visually Impaired Network (HAVIN) (Support, Information, Advocacy)

<http://www.havintx.org/>

Phone: 713-825-9108

Email: [HAVIN.TX@gmail.com](mailto:HAVIN.TX@gmail.com)

Houston Area Visually Impaired Network (HAVIN) Support Groups (Support, Information, Advocacy)

### **Blind Buddies**

Meets at Metropolitan Multi Purpose Center, 1475 W. Gray, Houston TX 77019

Fridays 10 AM -12 PM

Contact Paloma Marquez

Phone: 1 (877) 283-399

Email: [paloma.e.marquez@gmail.com](mailto:paloma.e.marquez@gmail.com)

### **Blind Professionals Network**

Attend a local meeting in Houston, TX or participate on a BPN national conference call via Zoom. BPN conference calls are held every 1st and 3rd Wednesday at 7:00 pm cst via Zoom meetings. Please visit BPN on Facebook to find out about BPN monthly networking events and various professional conference call workshops.

[www.facebook.com/blindpronet](http://www.facebook.com/blindpronet)

Contact Victoria Hillard

Phone: (800) 699-8238

Email: [info@BlindProNet.org](mailto:info@BlindProNet.org)

### **Dan Arnold Center for Vision Rehabilitation/Cizik Eye Clinic Support Group**

Meets: 2nd Friday of the month

10:30 a.m. – 12:00 Noon

Location: 6400 Fannin, Suite 1950, Houston, TX

Contact: Jose Rios-Occupational Therapist

Email: [joserios@cizikeye.org](mailto:joserios@cizikeye.org)

Phone: (713) 559-5216 or (713) 559-5269

Website: <http://www.cizikeye.org/low-vision-visual-rehabilitation/>

### **Foundation Fighting Blindness-Houston Chapter**

Meets once a month at 6pm via conference call

Contact person: Donna Cohen- regional director

Email: [d.cohen@blindness.org](mailto:d.cohen@blindness.org)

Web site <http://www.blindness.org/local-chapters/houston-tx>

### **Houston Council of the Blind (HCB)**

Meets: 1st Sunday of the month

2:00 p.m. – 4:00 p.m.

Location: Lighthouse of Houston

3602 West Dallas, Houston, TX 77019

Contact: Michael Garrett, President

Email: [megarrett4443@sbcglobal.net](mailto:megarrett4443@sbcglobal.net)

Phone: 281-438-9665

**National Federation of the Blind of Texas – Houston (NFBT-Hou)**

Meets: 3rd Saturday of the month

11:00 a.m. – 1:00 p.m.

Location: Lighthouse of Houston

3602 West Dallas, Houston, Texas 77019

Contact: Stacie Hardy, President

Email: [stacieandcash@gmail.com](mailto:stacieandcash@gmail.com)

Phone: 713 202-8542

**The Visually Impaired Advocates (V.I.A.)**

Meets: Quarterly on 1st Thursday of the month

12:00 Noon – 2:00 p.m.

Location: Metropolitan Multi-Service Center

1475 West Gray, Houston, TX 77019

Weekly support group meetings

10:30 a.m. – 11:30 a.m.

Location: Metropolitan Multi-Service Center

1475 West Gray, Houston, TX 77019

Contact: Minnie Christal, President

Email: [minniechristal@sbcglobal.net](mailto:minniechristal@sbcglobal.net)

Phone: 281-507-4549

Web site: <http://www.viadvocates.org/>

**Visually Impaired People of South East Texas (VIPSET)**

Meets: 3rd Monday of the month

6:30 p.m. – 8:30 p.m.

Location: Second Baptist Church, North Campus

22770 Hwy 59 North, Kingwood, TX 77339

Contact: Ron Graham, President

Email: [rgraham@cebridge.net](mailto:rgraham@cebridge.net)

Phone: 713-825-9108

iBUG (Technology)

<http://www.ibugtoday.com/>

4719 Caroline

Houston, TX 77004

Phone: 832-453-7139

Harris C. RIDES (Transportation)

<https://rides.harriscountytexas.gov/pages/default.aspx>

8410 Lantern Point Drive

Houston, Texas 77054

Phone: 713-368-RIDE (7433)

Metro Lift (Transportation)

<https://www.ridemetro.org/Pages/index.aspx>

1900 Main St.

Houston, Texas 77002

Phone: 713-635-4000

METROLift: 713-225-0119

Blind Scoop (Information, Advocacy)

<http://www.viadvocates.org/the-scoop/>

## **VIII. Cultural and Environment**

### Jewish Family Services (Support)

<https://www.jfshouston.org/index.php?>

4131 S. Braeswood

Houston, Texas 77025

Phone: (713) 667-9336

Email: [info@jfshouston.org](mailto:info@jfshouston.org)

### Occupational Therapy (Information, Advocacy, Training)

<https://www.aota.org/>

<https://www.tota.org/>

### Braille Bibles (Reading)

<http://www.braillebibles.org/>

1908 Plumbers Way Ste 100

Post Office Box 378

Liberty, MO 64069-0378

Phone: (800) 522-4253

Email: [info@BrailleBibles.org](mailto:info@BrailleBibles.org)