



Blindness and Low Vision Support Group August 20th Recap

Our guest speaker in August was Gina Frassetto!

- OT Goal - To help individuals engage in the activities that matter most to them. By teaching new skills, adapting environments, and providing supportive tools, OTs empower individuals to live more independently and fully.
- Problem focused coping versus Emotional focused coping
 - Problem - Focused = Looking for solutions
 - Emotional - Focused = When solutions aren't available, finding ways to tolerate and manage the associated emotions

Wellness Toolbox

- **C: Connections and Contributions**

Reaching out to others, helping, or volunteering (e.g., attending support groups, giving and receiving help).

- **A: Activities**

Anything that brings leisure, joy, or productivity. This includes adapting or re-engaging in activities enjoyed before blindness or low vision. Even “boring self-care” can become meaningful by finding joy in small tasks, such as brushing your hair or making your bed.

- **S: Senses**

Exploring and working with alternative senses. For taste, try enjoying different foods. For smell, aromatherapy can provide energizing or calming scents. For hearing, music or meditative listening can be enriching. For touch, engaging with varied textures, temperatures, and pressures can create new sensory experiences.

- **E: Emotions**

Acknowledging emotions is important: there is no “right” or “wrong” way to feel. The key is finding ways to process emotions, such as journaling or speaking aloud. Think of it like changing the channel on a television.

"Reach out to touch someone" — a phrase popularized in a 1970s AT&T campaign — reminds us of the simple power of staying connected. Reaching out to one another can ease feelings of isolation and strengthen mental wellness, so pick up the phone and reach out to someone today!

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