



Blindness and Low Vision Support Group: November 19, 2025 Recap

Discussion Highlights:

- **Routines & Organization**

- Establishing consistent routines to support independence
- Group members mentioned using a medium-sized whiteboard to write to-dos or important information and placing it in relevant areas

- **Patience & New Experiences**

- New experiences (and new challenges) often require patience
- Group members mentioned this patience requires active attention and intentional practice

- **Tools & Devices**

- Flashlights that illuminate both forward and downward (helpful for mobility)
- Using a softer light to illuminate words while reading
- Apple Accessibility Support Line: 1-877-204-3930 (English only)

- **Apps, Websites & Resources**

- Live Read App (Apple)
- Foundation Fighting Blindness
- Department of Rehabilitation – Blindness and Low Vision Programs

- **Activities That Bring Joy**

- Continuing the activities you love
- Games like dominoes, Scrabble, and card games can be adapted with tactile features
- Tactile markers can include braille, layered paint, textured stickers, or raised letters/numbers for exploration by touch

Department of
Rehabilitation

Foundation Fighting
Blindness

Flashlight

Upcoming Event by the Foundation Fighting Blindness

Topic: How to Talk to Your Eye Care Professional

Date: Saturday, December 6, 2025

Time: 9:00 AM PST

Location: Zoom

Guest Speakers:

Jamie Cutler – A dedicated advocate and parent to a son with LCA5. As the chapter president of the Foundation Fighting Blindness Chicago Chapter, Jamie shares a wealth of personal experience in seeking treatment and navigating the patient journey.

Brenda Niccum – Chapter President of the Foundation Fighting Blindness Fort Wayne Chapter and an active research participant for retinitis pigmentosa (RP). Brenda brings a valuable perspective from both an advocacy standpoint and a clinical trial participant's experience.

Dr. Safa Rahmani, MD – A board-certified ophthalmologist specializing in pediatric retinal disease and inherited retinal degenerations. Dr. Rahmani was a leader in the first U.S.-approved gene therapy for Leber congenital

amaurosis (LUXTURNA®) and serves as a retina specialist at Ann & Robert H. Lurie Children's Hospital of Chicago.

What you will learn:

- Key questions to ask your ophthalmologist or retina specialist
- Tips for communicating effectively about symptoms, family history, and treatment goals
- How to understand the importance of genetic testing and discuss results
- Strategies for staying informed about clinical trials and emerging therapies

Registration Link and Website



Smith-Kettlewell Eye Research Insti | Smith-Kettlewell Institute 2318 Fillmore Street | San Francisco, CA 94115 US

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