



The Smith-Kettlewell
Eye Research Institute

Blindness and Low Vision Support Group: October 15, 2025 Recap



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Highlights from October's Discussion

Adapting to Vision Changes:

Loss of vision means losing access to visual information, but there are many ways to compensate and adapt.

Visual Enhancements:

Adjust contrast, lighting, color coding, and screen/image size to make information easier to access.

Alternative Access Methods:

Explore speech-based tools (like Siri, Alexa, and Echo) and tactile feedback for non-visual interaction.

Self-Compassion in Adaptation:

As the brain works harder to adjust, remember to pace yourself and practice kindness toward your own progress.

Establishing Routines:

Create organized stations for daily activities—such as a coffee area with all supplies within reach. Repetition and consistency help build independence.

Keeping Up with Technology:

It can be challenging to track new accessibility features on devices.

Helpful resources include:

- American Foundation for the Blind

- Hadley.edu – free training for independent living skills

Phone Stand:

The meeting concluded with a look at the JJC Phone Stand

[Hadley.edu Website](#)

[Phone Stand Link](#)

Next Meeting (Virtual)

- Wednesday, November 19, 2025
- 3:30 PM – 5:00 PM
- Hosted on Zoom
- Try out some of the apps, tools, and services we've covered, and join us for an open discussion!

Reminder about the Bay Area Chapter

Join the Foundation Fighting Blindness for our Bay Area Vision Connection – a free in-person event for individuals and families in the blind and low vision community.

Location: San Francisco Public Library - Latino/Hispanic Community Room, 100 Larkin St, San Francisco, CA 94102

Date & Time: Saturday, November 8, 2025, (2:30 – 4:30 p.m. PST)

This engaging event will include:

- Interactive sessions on "life hacks" for living with low vision

- Inspiring stories from Foundation community members and guest speakers
- Opportunities to connect with local resources and others on a similar journeys

Session Topics:

- Travel - discuss the best ways to get around, both in familiar spaces and brand-new destinations.
- Mental Well Being - discover new ways to cope with vision loss and the importance of mental health.
- Digital Accessibility - share the best tools that have helped you access the digital world.
- Research Updates & the Clinical Process - learn more about the amazing research developments being made and the process of clinical trials.
- Vision Connection is more than just a gathering — it's where community meets purpose, offering hope, resources, and connection on the journey toward treatments and cures for blinding diseases. Whether you're newly diagnosed, living with vision loss, or supporting a loved one, we hope to see you there.

For questions, contact Jill at JNaughton@FightingBlindness.org.

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