



## Blindness and Low Vision Support Group April 15th Recap

### Recap

At this group meeting we covered a range of topics...

- How vision seems to change day to day
- Reframing the concept of help
- Small adjustments to assist with reading
- Audiobooks and library resources
- Upcoming vision walk event in June

Scroll Down to read more!

### **Vision isn't always consistent— some days feel clearer than others:**

We discussed that this fluctuation is normal for many people with low vision. We also talked about how lighting affects perception. For example, walking into a bright room can sometimes cause a temporary color shift (such as a reddish tint). Adjusting slowly to lighting changes and using controlled lighting at home can help.

## **A New Perspective on Asking for Help**

- Asking for help doesn't take away independence
- It gives others a chance to be helpful and feel good
- Accepting help can build connection and reduce stress

## **Small Adjustments to Help with Reading**

- Redirect your gaze away from the affected retinal region
- Actively use areas of residual peripheral vision to reduce distortion

### **Using your phone:**

- Take pictures and zoom in
- Screenshot text to enlarge it
- Use built-in text-to-speech or accessibility features

## **Audiobooks and Library Resources**

The San Francisco Public Library Talking Books and Braille Center provides free audiobooks, braille, and large print materials.

## **Apps to Access Books**

- **Register for the National Library Service (NLS):**

The National Library Service for the Blind and Print Disabled (NLS), part of the Library of Congress, is a free braille and talking book service for people with temporary or permanent low vision or blindness.

- **BARD (Braille and Audio Reading Download)** offers downloadable digital audio books and magazines to eligible NLS

- **BARD Mobile App**

After creating both an NLS and BARD account, you can access resources from the Library of Congress as well as participating libraries such as the San Francisco Public Library Talking Books and Braille Center.

- **Libby:** A free app that lets you borrow ebooks, audiobooks, and magazines from your library.

To use Libby, you'll need a library card from a participating library. After installing the app on your iOS, Android, or Kindle device, search for your library and sign in with your library card number and PIN/password. Once logged in, you can browse, search for titles, or explore curated recommendations.

## **Author Maria Semple**

We concluded by talking about the author Maria Semple and two books that she authored.

- *Where'd You Go, Bernadette*
- *Today Will Be Different*

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Register for National Library Service

Register for BARD Account

BARD Download

Libby Download

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## Upcoming Meeting:

Topic: A Look Inside This Year's CSUN Assistive Technology Conference

Speakers: James Coughlan, PhD; Nasif Zaman, PhD; and Anish Visht

Date: Wednesday, May 20, 2026

Time: 3:30 PM — 5:00 PM

Format: In-person with a virtual component (Zoom)

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