



## **Blindness and Low Vision Support Group: July 15, 2026 Recap**

At this meeting, we reviewed our past meeting topics to help decide what we would like to revisit in the year ahead. We discussed...

- Smartphone and accessibility tools, including a workshop idea for configuring devices for low vision
- Staying safe from scams and what to do if you lose your phone
- Reframing independence and connection through our “wellness toolbox” conversation
- Fall prevention, balance, and orientation and mobility strategies
- Local services and tools members can access directly

## **Smartphones & Accessibility Tools**

We revisited Annemarie's "See and Do More" talk, followed by James' smartphone accessibility tools talk, which included a demo of magnifier apps and highlights from this year's CSUN Assistive Technology Conference.

Several members expressed interest in a future workshop specifically about setting up devices for low vision, since Apple and Samsung differ in their accessibility settings. The idea is a hands-on session where members can sit down with someone, configure their own device together, and leave with a written list of steps to reference later. Apple also has a dedicated accessibility support line that could be called live during a future meeting.

We also talked briefly about HumanWear, a device for reading physical paper that works well for menus (pricing to come in a future newsletter).

## **Staying Safe with Technology**

The group wanted to hear more about tech security, including how to avoid scams and what to do if a phone is lost. A few practical tips came up: using a phone leash or tether (some members keep theirs clipped to a wallet, glasses case, or fanny pack) to prevent loss altogether and using Apple's accessibility support team when something goes wrong.

## **Reframing Independence and Connection**

The group discussed the idea of a “wellness toolbox,” reminding that there's no single correct way to feel about vision loss.

Attendees shared that most of their socializing used to happen at work, and that finding new ways to connect with people who understand what they're going through has been an important part of adjusting.

The group agreed: the people who “get it” can be family, friends, specialists, or fellow support group members. We also talked about grief, including how hard it can be to explain vision loss to family, and agreed that talking through it, whether in the group or with friends, makes a real difference.

## **Fall Prevention, Balance, and Mobility**

The group discussed fall prevention strategies, including the psychology of fear around falling and how medication can play a role. Kaiser's BOLD program was mentioned as a resource for weight-bearing exercise classes, and occupational therapy was highlighted as a place to actually learn how to fall safely. A simple but effective tip: carrying a cane on a walk, even briefly, tends to give people around you more space.

## **Services and Tools**

We shared information on adaptive technology services, including job consulting, scripting services, installation support, and guidance on contrast, lighting, and color coding. Members also expressed interest in future outdoor group outings, a tactile crafting day, and simple hangout sessions focused purely on connecting with each other outside of a structured topic.

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## **Next Meeting Information:**

Topic: SF Public Library's Talking Books and Braille Center

Date: Wednesday, August 19th, 2026

Time: 3:30 PM - 5:00 PM PDT

Format: In-person meeting with an optional Zoom link to join virtually

**Apologies — the last email said August 15th, 2026. It should be August 19th, 2026.**

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**Support Group Main Website**

**Support Group Archives**

**Relevant Products, Organizations, and Websites**

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