

Transforming Lives, One Individual at a Time



Let us help
you find
your way



Vision Loss Alliance
of New Jersey

Est. 1943

Welcome to the **Vision Loss Alliance of New Jersey**. We empower people with vision loss or blindness by providing support, education, and training in assistive technology and independent living skills.



Image description: A group of 6 women. 1 is playing piano and the others are singing along.



Image description: 2 women are having a conversation in a kitchen. One is holding a baking pan with cookies while the other woman is taking a bite of a cookie.

Our History....

VLANJ has been a thought leader in the programs and services offered to those with vision loss. What began as a summer residential camp for women with vision loss has grown into an organization that provides unique state-of-the-art programs. Vision Loss Alliance of New Jersey has been ahead of its time every step of the way.

At **Vision Loss Alliance of New Jersey**, we:

- **Empower independence** by creating programs that change lives.
- **Build confidence** in every person we reach.
- **Encourage awareness** within the communities we serve.
- **Listen intently** to the voices of those with profound vision loss.
- **Create a community** – a place for all to feel connected and respected.

“They have taught me to see, without seeing with my eyes.” - Tom

You can still lead a full, active life after vision loss...

Vision loss can present significant challenges, impacting one's ability to perform basic daily tasks independently. Tasks as routine as cooking, navigating through spaces, or reading become daunting. However, amidst these difficulties, our caring instructors are here to assist in managing these challenges. Whether through technology, adaptive techniques, or community resources, VLANJ provides avenues to help individuals with vision loss regain self-confidence and independent.



Image description: A participant is in the kitchen slicing grape tomatoes.



Image description: A group of 4 participants are gathered together potting their individual plant.

We will help alleviate your concerns by matching you with a holistic program that meets your lifestyle needs. A variety of multi-week, low-cost programs are offered in a friendly environment that provides a true sense of community.

We offer:

Center Based Programs

Community Based Programs

Virtual Programs

“I appreciate the simplicity of it. There is something for everyone here.” - Sally



Center Based Programs



HOLISTIC WELLNESS

Strengthen your mind, body, and community. This program is intended to expose participants to numerous healing activities that promote physical, emotional, and mental well-being. Classes such as Fit & Balance, Healing through Drumming, Horticulture, Healthy Options Cooking, and Art Studio. Classes are designed to improve your fitness level, enhance your health, grow your support network, strengthen your senses, and most importantly continue doing the things you love doing regardless of your level of vision.

TECHNOLOGY PROGRAMS

Technology fosters independence. Our experienced instructors will help you take full functional advantage of your devices. From your cell phone, tablets, home devices, and computers - no matter your experience level, there is a course available for you. Learn to use the mechanics of accessibility apps and features such as Voiceover in our **Mobile Technology Program** or learn to use computer assistive software such as JAWS in our **Computer Learning Lab** to help you reach your tech goals.

INDEPENDENT LIVING SKILLS

In this program, we offer skills for a **better life**. With basic training from our skilled instructors, you can build confidence and learn tips and/or tricks for kitchen and home safety. Also, develop self-assurance during travel and mobility with our experienced Orientation & Mobility instructors who will help you navigate your environment.

LOW VISION REHABILITATION

Meet 1:1 with our accredited Occupational Therapist who has specialty certifications in Low Vision. Our goal is to provide you with the techniques and skills needed to continue to live independently and confidently. Depending upon your specific needs, you will be trained in areas of personal care, home management activities, financial management, reading, writing, and assistive technology.

“I appreciate being surrounded by other people who are facing similar challenges to me and hearing their stories.”

- Darlene



Community Based Programs



VLANJ@HOME LOW VISION OCCUPATIONAL THERAPY

Our team of licensed occupational therapists (OTs) will bring their skilled training to assist you in your own home. This program focuses on addressing safety and independence in completing daily living activities. The OT can provide timely, specific individualized recommendations in strategies to adjust lighting, enhance contrast, improve household organization, and reduce the risk of falls and self-injury in the home. These services are provided with a referral from an eye care specialist and are approved by most major insurance plans, including Medicare.

ORIENTATION & MOBILITY EXCURSIONS

As a participant, you will have various opportunities to meet our certified orientation and mobility specialists. From 1:1 on-site sessions to community excursions, these instructors work to ensure you have the tools you need to succeed during your travels. Learn tips and tricks on how to navigate your environment safely as well as being an advocate for yourself out in the community.



Image description: A participant is facing the juice aisle at a grocery store. She is using the Seeing AI application on her phone to help identify products.



Image description: Two hands holding a portable digital magnifier to enlarge the font on a sheet of paper.



Image description: There is 1 participant with a white cane and a certified orientation & mobility specialist waiting to cross the street during an excursion in Morristown, NJ.

“I value the diversity of the people who come here. I don't feel like I am alone and they understand where I am coming from.” - Stacey



Virtual Programs



Can't make it in person or looking for additional opportunities to get involved with our community? No problem! We are only a Zoom link away. We provide enrichment opportunities that help motivate and educate you to move and learn in the comfort of your own home.

Take part in the journey of empowerment and enrichment through an extensive selection of virtual classes offered by VLANJ. Be involved with insightful discussions led by experts and guest speakers covering a range of topics, from accessible technologies to personal development and wellness. Learn practical strategies and resources tailored to adjust to vision loss. These programs are created to foster holistic well-being and support for both individuals and families navigating this journey.

Join us for classes such as:

- **Mindfulness & Meditation**
- **Now & Zen Yoga**
- **"LIFT"**- Living Independently for Tomorrow
- **"STRIVE"**- Strength Through Relationships, Insights, Values, Education
- **VLANJ Tech Talks**
- **"ARISE"** Speaker Series- Achieving Resilience, Inspiration, & Self-Empowerment
- **VLANJ Voices** Educational Speaker Series

...and **MORE**

We are continuously seeking multifaceted opportunities for our participants to experience and enjoy. Visit our website to find an extensive list of all classes and weekly schedules: vlanj.org

"We rise when we lift each other." - Rosemary



Your time to flourish is now. Don't let vision loss isolate you from all that is waiting just beyond sight.

OUR WEBSITE
www.vlanj.org



SCAN ME

Contact us today to register or learn more about our programs:

TEL: (973) 627-0055
E: INFO@VLANJ.ORG



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Image description: A group of VLANJ participants and instructors walking together outdoors as a group. Some individuals have white canes and there is 1 guide dog.

“I may have lost my sight but I have not lost my vision.” - Charlene