



12-county service area

The Center for Independence (CFI) offers a variety of programs and services that are state and federally funded to assist anyone with a disability to live more independently. Our services are fully funded for consumers, though some fee-for-services may apply.

Headquartered in Grand Junction, Colorado with satellite offices in Montrose, Glenwood Springs and Salida, CFI offers services including advocacy, benefits services, information and referral, peer counseling, support groups, assistive technology, independent living skills training and community transition services.

CFI is here for you when you need us. Please contact us to set an appointment or visit our website at www.cfigj.org for more information.

CFI is a 501(c)(3) non-profit, non-residential, grassroots, State of Colorado certified independent living center, assisting people with a disability since 1982.

Locations

GRAND JUNCTION:

740 Gunnison Ave
Grand Junction, CO 81501
970-241-0315 • Toll-Free 800-613-2271
Fax: 970-245-3341
*Service Area: Mesa & Delta Counties
& surrounding regions*

MONTROSE:

245 S. Cascade, Ste B
Montrose, CO 81401
970-765-2016 • Toll-Free 800-613-2271
Fax: 970-765-2018
*Service Area: Montrose, Ouray
& San Miguel Counties*

GLENWOOD SPRINGS:

823 Blake Ave, Ste 102
Glenwood Springs, CO 81601
970-718-5155 • Toll-Free 800-613-2271
Fax: 970-340-8845
Service Area: Eagle, Pitkin & Garfield Counties

SALIDA:

211 E. 3rd St
Salida, CO 81201
719-207-4573 • Toll-Free 800-613-2271
Fax: 719-207-4372
*Service Area: Chaffee, Lake,
Gunnison & Hinsdale Counties*

Email: info@cfigj.org
www.cfigj.org



*Empowering individuals with a disability
to live independently since 1982.*

LOW VISION/BLIND SERVICES



Center FOR
Independence



Here to help you navigate since 1982

Center for Independence works to promote community solutions and to empower individuals with a disability to live independently.

CFI serves 12 western Colorado counties with offices in Grand Junction, Montrose, Glenwood Springs and Salida.



www.cfigj.org

LOW VISION PROGRAM

CFI's **Low Vision Program** assists people of all ages who experience limitations or difficulties from a loss of vision. It is for both those who are new to blindness or low vision, as well as those who have experienced a loss in vision for a significant part of their life.

Low Vision Program staff can assist individuals in understanding the availability of services, their eligibility for services, and the purpose and scope of the various services available at CFI.

Our Low Vision services providing practical help, connection and support, are free of charge to anyone with a visual impairment, their families and service providers supporting them.

The **Low Vision Lab** at CFI is equipped with assistive technology, adaptive aids, and tools. Individuals may request an appointment to learn about **Low Vision Assistive Technology** or for a demonstration of **Low Vision Equipment** and adaptive aids.

CFI also provides Outreach & Education in the community to help the public understand the capabilities and needs of people who are blind or visually impaired so that they may be integrated into all aspects of community life.



PEER SUPPORT

Through our low vision support groups, we strive to provide education, encouragement and emotional support for adults who are experiencing vision decline or loss of sight.

WESTERN SLOPE VISIONARIES of MESA COUNTY

This **Low Vision Peer Support Group** is facilitated by the Center for Independence. Group members not only share advice and strategies on living with vision loss, they socialize, take trips, and frequently form lasting friendships. People who have lost vision or who are losing their vision appreciate the empathy, sense of community and practical advice that they receive from others who have shared similar experiences.

Peer group meetings, virtual or in-person, provide a safe space and learning environment.

Please contact us for information about online support groups for vision loss, as well as current details about Western Slope Visionaries.

Visit www.cfigj.org for more information about our programs.

WHAT IS LOW VISION?

The term "**low vision**" is used to describe permanently reduced vision that cannot be corrected with regular glasses, contact lenses, medicine, or surgery.

In other words, low vision is "*not enough vision to do whatever it is you need to do,*" which can vary from person to person.

Most people develop low vision as a result of eye injury, or conditions and diseases; including macular degeneration, diabetic retinopathy, glaucoma, cataracts, retinitis pigmentosa, and stroke. Low vision can occur at any stage in life, but it primarily affects the elderly.

The OLDER INDIVIDUALS who are BLIND (OIB) PROGRAM

OIB is a federally funded grant program that provides independent living **services to people aged 55 or older** and who are blind or visually impaired. Eligible persons are provided assistance in learning new strategies for accomplishing daily tasks and participating in family and community activities.

Most persons served in this program have become blind or visually impaired in their later years. Adjusting to vision loss is a process that takes training and practice, but remaining independent is possible for seniors who are visually impaired. Low Vision information, education and training provide a great opportunity for seniors to learn the skills they need to live active and fulfilling lives.

We offer a variety of services, activities and events both on and off-site, which are geared toward practical day-to-day adaptation to life with loss of vision. Our strategy is along the lines of "Vision Rehabilitation", simply put: we help seniors who have vision loss to learn to do things differently!

OIB Services can help seniors to develop skills and strategies to overcome the challenges of vision loss.

Information, education & training to maintain independence in daily life include:

- Low Vision Assistive Technology
- Adapting the Home for Safety & Navigation
- Marking & Labeling
- Using Magnifiers for Easier Reading
- Making things 'Bigger & Bolder'
- Organization
- Improving Lighting Conditions
- Glare Control
- Emergency Preparedness
- Fall Prevention