

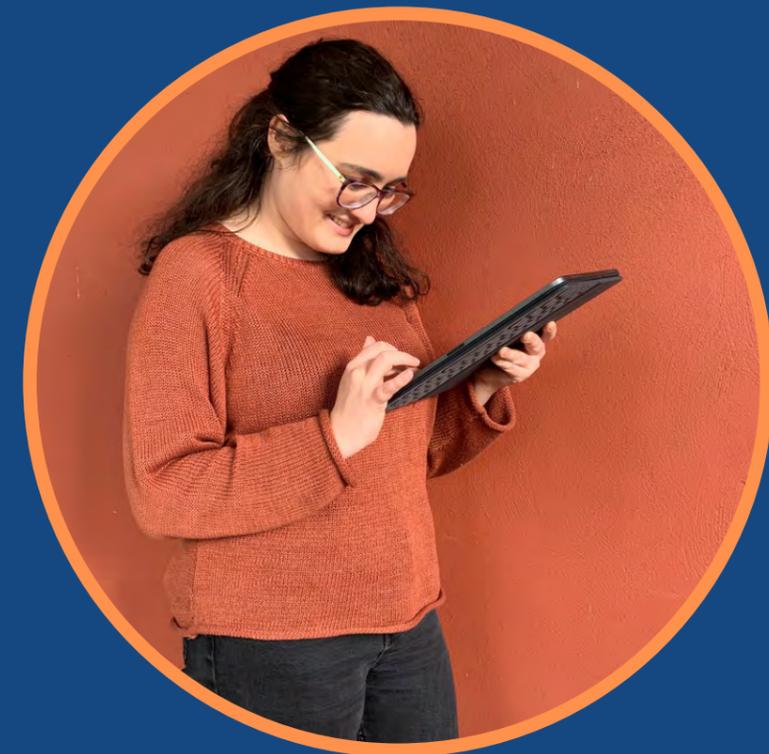


NCBI

**Working for People
with Sight Loss**

Info Line 1800 911 250

Services Booklet





NCBI

**Working for People
with Sight Loss**

**NCBI is Ireland's national sight loss agency.
Our mission is to transform the lives of people
who are blind or vision impaired.**



NCBI

**Working for People
with Sight Loss**

Table of Contents



Page 1

Introduction

- **Who are NCBI and what do we do?**

Page 2-3

Children and young people services

- **From diagnosis to adulthood.**

Page 4-7

Adult Services

- **Information and advice.**
- **Rehabilitation.**
- **Employment and Training.**

Page 7-9

Other Services

- **Technology Support and Training.**
- **Library Access Service**
- **Vision Sports.**
- **Resource Centres.**

Who are NCBI?

We work with children and adults across the country with a range of programmes all designed to ensure the individual can live life confidently and independently.

We aim to support and empower people and push for breakthroughs in public mindsets and structures to ensure people living with sight loss can live to their full potential. Our suite of services are available face-to-face, over the phone or online in a group or individual setting.

We work with anyone who is having difficulty with their vision.



To access our services call NCBI's dedicated infoline on 1850 33 43 53.

Referrals can be made by clinicians, family members or self-referral.



Children And Young People



From diagnosis to adulthood

If you are a parent of a child that has recently received a diagnosis of an eye condition resulting in vision loss, we know this can be overwhelming.

Our dedicated Children and Young Person's Team is on hand to help you and your child. We will provide assessments and individual intervention plans to help maximise your child's potential. We offer a suite of practical and emotional support and training to help children and young people develop strategies so they can thrive. Our interventions aim to reduce the impact of vision impairment through the provision of skills to compensate for reduced or lack of visual learning. At every stage from early years through to young adulthood, we work with the parent and child or young person to ensure they can meet key developmental milestones, transition well within the school system and travel and live independently.



Camp Abilities

NCBI annually host Camp Abilities, a residential 5 day, sport and recreation & physical activity camp for children with vision impairments as their primary disability. At Camp Abilities Ireland, we give children the opportunity to try new sports and activities they might not have had the chance to do in the past as well as meeting new friends and developing their social skills. By giving the children the chance to try new activities, not only could they find something they really enjoy, but their self-esteem can increase.





This often gives them the confidence to advocate for themselves in their own community. Some of the activities campers have taken part in include rock climbing, canoeing, kayaking, orienteering, soccer, goal ball, judo, swimming, horse riding... and many, many more! Our main purpose is to empower each camper to be physically active, improve their health and general independence and help them move onto mainstream sports and/or continue with Vision Sports Ireland while making lifelong friendships.

“I was so anxious about Paul moving to secondary school! But through NCBI, he got to trial and be trained in different assistive technologies. He was brought around the school in advance so he could navigate safely. He was also connected with older students with vision impairments who gave him lots of advice. The move wasn’t without its challenges, but I needn’t have worried so.” Sarah, Mum to Paul aged 13



The Gerard Byrne Bursary

Our annual Gerard Byrne Bursary is for students who are blind or vision impaired entering into or currently in full-time third-level education. The annual bursary is up to €1,500 per annum for the duration of their undergraduate degree.

As part of this Bursary, NCBI may offer a 6-month internship to one bursary recipient annually, helping them to gain work experience to further prepare for employment. Email bursary@ncbi.ie.





Adult Services

Sight loss can affect anyone, and its implications can affect all aspects of life.

Upon referral and assessment, NCBI's Adult team will prepare an individualised plan to assist you in adapting to this new reality. Our staff can offer you:

Information and advice

We can provide information and advice on your eye condition, how to maximise your residual vision, information about your statutory benefits, adapt your living environment or information on assistive technology or aids designed to help you. We can answer any questions you may have regarding your journey with sight loss.

Emotional Support

Adjusting and adapting your life as your vision deteriorates is difficult. Each individual's experience with sight loss is different. We are here to offer emotional support or counselling, to listen and help you to explore your emotions in a non-judgemental environment either over the phone or in person.

Independent living skills

Homecare and self care can be challenging if you are living with sight loss. Yet it is vital to maintaining your independence. We can help you develop strategies to assist you with home management, food preparation etc. and make suggestions on maximising lighting or using colour contrast to distinguish objects. Also we can advise and train you on the extensive range of low vision aids which can help you e.g. task lighting, digital or hand held magnifiers, assistive technology as well as digital devices such as smartphones or laptops.





Orientation and mobility

Having the confidence to go out and about safely and independently is vital and NCBI can give you the skills to navigate and orientate in any environment. This can include using your residual vision effectively and /or training in using a long cane.

“The diagnosis changed my life. I lost my sight quickly resulting in me giving up my job. I became socially isolated as I didn’t have the confidence to go out and about. Since finding NCBI I have been able to regain my confidence and independence by doing long cane training and daily living skills. I now see my cane as my best friend as it has liberated me.” Deirdre



ECLO - Eye Care Liaison Officer

On visiting your eye clinic or ophthalmologist, you may be introduced to one of our ECLO staff. The Eye Clinic Liaison Officer service provides practical and emotional support to both patients and their families to meet their needs and empower independence from the point of diagnosis onwards. This service is currently available in the Mater University Hospital, Royal Victoria Eye and Ear Hospital, CHI at Temple Street and Crumlin Children’s Hospital.



Employment and Training

Did you know?

Less than 1 in 4 people with a vision impairment are currently actively participating in the labour force.

Employment & Vocational Support Service or EVSS

The EVSS within NCBI Services plays a crucial role in enhancing the lives of blind and vision impaired people living in Ireland. The EVSS provides training and support to help people stay in their current job, change career, and find suitable employment.

- 1. Employment Retention: We support service users who are at risk of losing their job due to sight loss and need priority support in relation to their situation.**
- 2. Employment Seeking: We support service users who are looking for employment, transitioning from school or college, who want to re-train/acquire new skills, who are looking for volunteering opportunities.**

Our work includes the following:

- Employment Training:**

Programmes and courses leading to increased employability are delivered nationally, face to face through 3 Employment Hubs in Dublin, Cork and Limerick and virtually. In addition to the accredited programmes delivered, the employment team provide specific courses to suit service user needs as and when identified, referring to external organisations where appropriate. Workshops and virtual seminars also form part of the overall employment training offer.





- **Employment Internships & Workplace Partnership Programme:**

A key role for the EVSS is to further develop the Workplace Partner Programme across the country. The Workplace Partner Programme allows service users to avail of a variety of internships within areas of employment where they have an interest and/or qualification.

- **Employer Supports & Engagement:**

The EVSS works with other NCBI departments to develop communication materials and deliver a consistent message, influencing government, enhancing employment opportunities for service users, and working with employers to champion good practice. Our team of staff deliver training, carry out access audits, liaise with employers around workplace accommodations, and provide one-to-one support and group coaching to people looking to enhance their employability across the country.



Technology - NCBI Labs

Technology is the biggest enabler for anyone living with sight loss in making you feel connected and maintaining your independence. Whether you wish to use a computer, phone or mobile device, access materials in print or become more efficient at work, school or university – there is a piece of technology available that can help. NCBI Labs offers a number of services to people with sight loss including Technology Support Line, Technology Sales for Mainstream & Assistive Technology, Technology Training, Technology Live Events, Virtual Technology Clubs. If you have any questions or need any technology support, please call 1850 33 43 53 or go to NCBI.ie.



Library

The Library Access services

The NCBI Library Access Service is Ireland's largest digital library for people who are blind or vision impaired with over 700,000 titles available to download in a variety of accessible formats. The NCBI's Library Access team work to support the individual reading needs of every member by providing a bespoke reading solution to children and adults. A key pillar of the Library's recent growth has been due to Bookshare Ireland which has extended the library's reach to support students with reading difficulties in education. The Library Access production unit also offers Braille and audio solutions for print documents and is the accessible production unit of choice for Government Departments.



Vision Sports



Staying physically active is important for your body and mind. Vision Sports Ireland is the national governing body for sport and leisure activities for people with sight loss in Ireland. It promotes a variety of activities including athletics, golf, football, judo, swimming, tandem cycling, tennis, triathlon, walking, water-skiing and much more. It facilitates all levels of fitness and abilities. Visit visionsport.ie for more.



"Humans are not made in isolation, we are part of a larger community; coming to Iona Resource Centre gives me a sense of happiness." - David



NCBI Resource Centres



NCBI has two Resource Centres that provide daily opportunities to support people who are blind or vision impaired. The Iona Resource Centre is located in Drumcondra, Dublin and the Lochrann Resource Centre is in the centre of Wexford Town. Both are compliant with the HSE New Directions framework. These centres deliver a specialised tailored range of activities designed to engage, motivate and challenge those we support. These include sessions on technology, health and wellbeing, social discourse and community integration. We have links within the community to enable our service users to play a fulfilling and engaging role within their local community; whether that be for employment, work experience or recreational and social activities.

Connection Network



Staying connected to others to avoid isolation and loneliness is so important for overall wellbeing. NCBI's Connection Network Programme is a free, confidential, befriending and informative service led by trained volunteers to support our service users who are in need of social contact through a weekly telephone call. This programme offers an opportunity to increase their social network and be reconnected into NCBI services if they wish.





NCBI

**Working for People
with Sight Loss**



NCBI

**Working for People
with Sight Loss**

Infoline: 1800 911 250

www.ncbi.ie

NCBI Whitworth Road

Drumcondra

Dublin 9

NCBI Group: CHY 20902

NCBI Services: CHY 4626

NCBI Retail: CHY 20619 NCBI

Charitable Foundation: CHY 12673