



# Low Vision Resource Guide 2017

*For Providers Serving  
Low Vision Elders  
in Greater Boston*





Dear Reader,

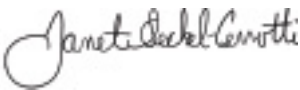
*FriendshipWorks' enduring mission is to end elder isolation and replace it with the warmth and comfort of caring and dedicated friends. In this vein, we are committed to addressing the myriad of conditions that can precipitate an elder becoming socially isolated. Many do not realize how much the loss of vision affects an elder's life. This is why we took on this project. Most of us as we age have some loss of vision, but for some elders this loss is life-altering and can lead to social isolation and loneliness.*

*Elders with low vision may be afraid of going out of their house for fear that they might miss the curb and fall. They may be late on paying bills or responding to mail in a timely manner because they cannot read the fine print. Their low vision will affect their ability to get around as it may not be safe for them to drive anymore. Slowly the loss of vision impacts the quality of life for elders.*

*In our commitment to serve elders and end social isolation, we want to share that there are resources out there to help low vision elders. Our volunteers walk with elders, helping them feel safe to get out of the house, they help read and organize mail, they accompany low vision elders on their medical appointments, and they offer the support of a caring friend visiting each week. Other organizations help by providing low vision devices and home skills to make sure that the elder maximizes the vision they do have. This Resource Guide is a testament to the network of supports that are available for low vision elders. Many are here to help. Our hope is that this guide gives people education and support services so that they do not have to go through this difficult time of vision loss alone.*

*This guide will also be available on our website [www.fw4elders.org](http://www.fw4elders.org). If you would like to update any information found in this guide, please contact our office.*

Sincerely,

A handwritten signature in cursive script that reads "Janet Seckel-Cerrotti". The signature is written in dark ink and is positioned below the word "Sincerely,".

Janet Seckel-Cerrotti  
Executive Director



# Contents

## **Terms & Definitions.....7**

## **Associations & Organizations..... 10**

Association of Blind Citizens  
Massachusetts Commission for the Blind  
BRIDGE Program  
Carroll Center for the Blind  
Mass. Assoc. for the Blind  
Massachusetts Rehabilitation Commission  
Perkins School for the Blind  
Veterans Administration: Blind Rehabilitation

## **Books & Adaptive Devices..... 16**

Perkins Library  
Boston Public Library: Access Center  
Descriptive Video Services

## **Support Groups ..... 18**

BRIDGE Program  
Mass. Commission for the Blind  
Vision Aware

## **Low Vision Assessments..... 19**

William P. Beetham Eye Institute Joslin Diabetes Clinic  
Carroll Center for the Blind  
Mass. Eye & Ear Infirmary  
Boston University Eye Associates  
New England Eye Center  
New England College of Optometry for Eye Care



# Contents

Perkins New England Eye Low Vision Clinic  
Veterans Administration Low Vision Clinic

## **Volunteers ..... 21**

FriendshipWorks  
Somerville Cambridge Elder Services  
Jewish Family and Children's Service  
Neighbors Who Care

## **Elder Care Referral Services ..... 23**

ASAPs for Boston and Brookline  
*Boston Senior Home Care*  
*ETHOS*  
*Central Boston Elder Services*  
*Brookline Council on Aging*  
Boston ElderINFO  
MassOptions





# Terms and Definitions

**The following are some general terms and definitions that a provider should be aware of when working with low vision elders.**

## ***What is low vision?***

**L**ow vision is when an individual cannot perform their routine visually guided tasks even with glasses, contact lenses, or other supportive devices. It could start with the inability to read mail and extend through difficulties driving. Visual impairment and legal blindness are both subcategories of low vision.

Someone who is legally blind would need to be within 20 feet to read the lettering that a person with 20/20 vision can see at 200 feet. Additionally, when a person's tunnel vision is more restricted than looking through a paper towel tube, the person is legally blind due to reduced side vision. Legal blindness does not mean total blindness or that all vision is lost. About 70% of legally blind persons have some degree of vision remaining.<sup>1</sup>

## ***Definition of Legal Visual Impairment in Massachusetts***

Central Vision or Visual Acuity of not more than 20/70 in the better seeing eye with correction (eye glasses).<sup>1</sup>

## ***How common is low vision in older adults?***

Low vision is not inevitable with aging. While there are some normal changes to our eyes as we age, this does not normally result in low vision. "Most seniors have low vision loss largely due to age-related eye diseases such as glaucoma, cataracts, diabetic retinopathy, and macular degeneration."<sup>2</sup> Nationally, 21% of persons over 65 experience some type of vision impairment.<sup>1</sup>

### ***What is low vision rehabilitation?***

Low vision rehabilitation is the treatment that allows persons with visual impairments or challenges to continue performing daily tasks. This is achieved by picking the appropriate low vision devices, and teaching low vision persons how to optimize their remaining vision and use it effectively. Vision rehabilitation services may include a home safety assessment, lighting and glare evaluations, teaching adaptive readings and record keeping techniques, modifying appliances with tape markings, help with medication management, and recommending adaptive reading aids and magnification devices.

### ***Can elders have both an annual eye exam and low vision exam in the same year covered by insurance?***

Yes, elders can have both a regular annual eye exam and a low vision exam in the same year, with both covered by insurance, since these are two different examinations. Doctors understand how to bill for these different medical visits.

### ***How does the low vision exam measure functional vision?***

The low vision evaluation measures visual “function” using special tests that determine how large the print needs to be for the person to read it. Special aids will be prescribed and appropriate referrals made to resources such as state services, home visits, and financial benefits.

### ***What are some examples of low vision devices and assistive devices?***

Examples of low vision devices include hand magnifiers, LED hand magnifiers, handheld electronic magnifiers, CCTVs, high power reading spectacles, and telescopes.

### ***What is Orientation and Mobility Therapy?***

An Orientation and Mobility (O&M) therapist is a specialist who teaches safe, efficient, and effective travel skills to people of all ages:



“Orientation” refers to the ability of a person to know where they are and where they want to go, whether they are moving from one room to another or walking downtown for a shopping trip. “Mobility” refers to the ability to move safely, efficiently, and effectively from one place to another, such as being able to walk without tripping or falling, cross streets, and use public transportation.<sup>3</sup>

***Where can I receive large print books, talking books and other library resources?***

Any local library should be able to provide elders with any published book in large print. Certain titles may take some time for a local library to acquire, but the Library of Congress has copies of all books in large print. Other library resources are library specific and a list is included in this resource guide for your low vision needs. Most libraries have an audio book section, but for talking books, audio described movies, and large print braille, check out [Perkins Library](#).



<sup>1</sup>Richard J. Jamara, OD, FAAO, New England School of Optometry

<sup>2</sup>CDC Vision Health Initiative (VHI)

<sup>3</sup>Vision Aware; [www.visionaware.org](http://www.visionaware.org)



## Associations & Organizations

*What are the associations and organizations that assist people with low vision and how can they help elders?*

### Association of Blind Citizens (ABC)

**Phone:** (781) 961-1023 **Fax:** (781) 961-0004

P.O. Box 246 Holbrook, MA 02343

**Website:** [www.blindcitizens.org](http://www.blindcitizens.org)

**Email:** [president@blindcitizens.org](mailto:president@blindcitizens.org)

ELIGIBILITY	COST	
LEGAL BLINDNESS, VISUAL IMPAIRMENT	FREE	<b>T</b> he purpose of the <b>Association of Blind Citizens (ABC)</b> is to advance relevant causes, increase opportunities in education, employment, cultural, recreational and other life activities, as well as enhance the social, political, and economic well-being for all persons who are blind or visually impaired.

### Some Services Include:

- ◆ Publications
- ◆ Informative meetings
- ◆ A special radio show titled *In Focus*
- ◆ Education, employment, recreational, and cultural opportunities to promote full inclusion in society

## Massachusetts Commission for the Blind (MCB)

Phone: (617) 626-7462 Email: [Karen.Hatcher@State.MA.US](mailto:Karen.Hatcher@State.MA.US)

MCB Boston Office

600 Washington St., Boston, MA 02111

Website: [www.mass.gov/eohhs/gov/departments/mcb/](http://www.mass.gov/eohhs/gov/departments/mcb/)

ELIGIBILITY	COST
LEGAL BLINDNESS MA RESIDENCY	FREE

**M**CB is a state agency mandated to provide services to legally blind individuals of all ages.

### Some Services Include:

- |                           |                                      |
|---------------------------|--------------------------------------|
| ◆ The BRIDGE program      | ◆ Independent living social services |
| ◆ Assistive technology    | ◆ Orientation and Mobility Therapies |
| ◆ Rehabilitation teaching |                                      |

**BRIDGE (Blind Reintegration for Independence, Development and Growth for Elders)** is a program of MCB that provides independent living services to elders aged 55 and older who are legally blind.

### Some Services Include:

- |   |  |
|---|--|
| ◆ Information and referrals for additional services both within and outside MCB | ◆ Peer support groups                          |
| ◆ Essential skills training to increase elders' ability to live independently   | ◆ Advocacy                                     |
|   | ◆ Assistive listening devices                  |
|   | ◆ Instruction on the use of low vision devices |

## Carroll Center for the Blind

**Phone:** (617) 969-6200 x225

770 Centre Street, Newton, MA 02458

**Website:** [www.carroll.org](http://www.carroll.org)

**Email:** [maureen.foley@carroll.org](mailto:maureen.foley@carroll.org)

ELIGIBILITY	COST
LEGAL BLINDNESS, LOW VISION	VARIES WITH PROGRAM

**T**he **Community Essential Skills Program** is a 7-week course helping those who struggle with:

- ◆ Grocery shopping
- ◆ Keeping track of mail and bills
- ◆ Keeping track of medications
- ◆ Other daily living tasks

### Some Services Include:

- ◆ Diabetic self-management
- ◆ In-home visits by vision rehabilitation teachers
- ◆ Low vision assessments through the NEE Low Vision Clinic
- ◆ Community Essential Skills Program

## Massachusetts Association for the Blind and Visually Impaired (MABVI)

**Phone:** (888) 613-2777

200 Ivy Street, Brookline, MA 02446

**Website:** [www.mabcommunity.org/mabvi/home.html](http://www.mabcommunity.org/mabvi/home.html)

**Email:** [mabvi@mabcommunity.org](mailto:mabvi@mabcommunity.org)

ELIGIBILITY	COST
LEGAL BLINDNESS, LOW VISION	VARIES WITH SERVICE

**M**ABVI's mission is to work with individuals with vision loss to eliminate barriers and create opportunities.

### Some Services Include:

- |                          |  |
|--------------------------|--|
| ◆ Low vision evaluations | ◆ Orientation and Mobility resources                 |
| ◆ Vision rehabilitation  |  |
| ◆ Support groups         | ◆ Counseling to assist with adjusting to vision loss |
| ◆ Technology assistance  |  |

## Massachusetts Rehabilitation Commission

### Community Living Division

**Main Phone:** 1-800-245-6543

### Independent Living and Assistive Technology

**Direct Line:** (617) 204-3600

600 Washington Street, Boston, MA 02111

**Website:** [www.mass.gov/eohhs/gov/departments/marc/](http://www.mass.gov/eohhs/gov/departments/marc/)

ELIGIBILITY	COST
PERSONS WITH DISABILITIES INCLUDING LOW VISION	FREE

**M**assachusetts Rehabilitation Commission provides information about Independent Living Centers serving individuals with disabilities, including those who are visually impaired.

## Perkins School for the Blind

**Phone:** (617) 972-7296

175 North Beacon Street, Watertown, MA 02472

**Website:** [www.perkins.org](http://www.perkins.org)

**Email:** [info@perkins.org](mailto:info@perkins.org)

ELIGIBILITY	COST
VARIES WITH SERVICES	VARIES WITH SERVICE (SOME SERVICES FREE)

**F**ounded in 1829, **Perkins** is a global leader in education for people who are blind, deafblind, or visually impaired with additional disabilities. Perkins provides a wide range of programs, services, and tools for infants, children and adults who are blind, as well as families, educators, and advocates in the U.S. and internationally.

### Some Services Include:

- |                                      |  |
|--------------------------------------|--|
| ◆ Comprehensive low vision eye exams | ◆ Occupational and Physical Therapy  |
| ◆ Orientation and Mobility Therapy   | ◆ Practical alternatives for functioning with low vision, including low vision devices |

# Veterans Administration: Blind Rehabilitation Services

**Phone:** (857) 364-5543 and 1-800-857-3384 ext. 45543  
VA Boston Healthcare System  
150 South Huntington Avenue, Jamaica Plain, MA 02130

**Email :** [Kelly.Dunn2@va.gov](mailto:Kelly.Dunn2@va.gov) or [Kathleen.Gabriel@va.gov](mailto:Kathleen.Gabriel@va.gov)

ELIGIBILITY	COST	<b>T</b> he Veterans Administration supports blind and low vision Veterans and active duty service members regaining their independence and quality of life to enable their successful integration into family and community life.
VETERANS & SERVICE MEMBERS	FREE	

Additional support is provided for family and significant others to help them better understand visual impairment and foster the provision of appropriate support, to assist in enhancing home environments, and to reduce caregiver burden.

### Some Services Include:

- |  |  |
|--|--|
| ◆ Intermediate and advanced low vision clinics                             | ◆ Inpatient Blind Rehabilitation Centers (BRC)                             |
| ◆ Vision Impairment Services in Outpatient Rehabilitation Programs (VISOR) | ◆ Visual Impairment Centers to Optimize Remaining Sight (VICTORS) Programs |

To schedule an eye exam, contact your local VA facility. To find the facility closest to your location, go to: [www.va.gov/directory/guide](http://www.va.gov/directory/guide)



# Books & Adaptive Devices

*Where can elders get large print books, audio books and adapted media devices that help with low vision?*

## Perkins Library

**Phone:** (617) 972-7240 or (800) 852-3133 (New England only)

**Fax:** (617) 972-7363, **TTY:** 617-972-7690

175 North Beacon Street, Watertown, MA 02472

**Website:** [www.perkins.org](http://www.perkins.org)

**Email:** [library@perkins.org](mailto:library@perkins.org)

ELIGIBILITY	COST	
MA RESIDENTS, LOW VISION, LEGAL BLINDNESS	FREE	The Library provides the following to individuals unable to read regular print due to a visual, physical, or reading disability:

- ◆ Talking books and playback equipment
- ◆ Audio described movies
- ◆ Large print braille materials
- ◆ Downloadable audio books

### Other Services Include:

- ◆ Reference and reader advisory services
- ◆ *The Newslines* program (telephone-based and online access to daily newspapers)
- ◆ Foreign language materials
- ◆ Presentations to community groups

Institutions providing services to individuals with disabilities are also eligible for the program.

The library also offers several newsletters including Dots & Decibels, PerKIDS, and El Narrador (in Spanish). It also operates a braille repair program; a CCTV and Perkins Braille loan program; and has in-house adaptive computer equipment available for borrowers' use. Fee-for-service braille production and digital audio recording services are also available.



## Boston Public Library: Access Center

**Phone:** (617) 859-2255

700 Boylston Street, Boston, MA 02115

**Website:** [www.bpl.org/central/access.htm](http://www.bpl.org/central/access.htm)

**Email:** [lharris@bpl.org](mailto:lharris@bpl.org)

ELIGIBILITY	COST	
LEGAL BLINDNESS, LOW VISION	FREE	Special formats, equipment, and materials are focused in the center to serve library patrons with disabilities including legal blindness and visual impairment. Some examples include computers equipped with ZoomText and JAWS. A staff member at the library can help when using this equipment.

## Descriptive Video Services (DVS)

**Phone:** (617) 300-3600, **Fax:** (617) 300-1020

Media Access Group at WGBH

One Guest Street, Boston, MA 02135

**Website:** <http://main.wgbh.org/wgbh/pages/mag/description.html>

**Email:** [access@wgbh.org](mailto:access@wgbh.org)

ELIGIBILITY	COST	
LEGAL BLINDNESS, LOW VISION	VARIES WITH SERVICE	<b>Descriptive Video Service is a Division of the Media Access Group at WGBH</b> For more than 40 years, the Media Access Group at WGBH has been providing accessible media services to the millions of Americans who are deaf, hard of hearing, blind, or visually impaired. They invented captioning and video descriptions for television, and today they apply those services to movies, the website, museums, educational institutions, theme parks, and other venues.



# Support Groups

## *Where can elders find support services?*

### **BRIDGE Program (Blind Reintegration for Independence, Development and Growth for Elders)**

BRIDGE has a very active program of peer support groups throughout the state, including more than 300 elders sharing experiences and learning together how to better cope with blindness. For eligibility and contact information, see [Associations and Organizations](#).

### **Massachusetts Association for the Blind and Visually Impaired (MABVI)**

MABVI support groups are highly active, and provide practical and emotional support to individuals coping with serious sight loss. Additionally, support groups provide the opportunity for participants to share fears, frustrations, coping mechanisms, and resources as vision changes occur. These support groups are located throughout many communities in Massachusetts. Phone number specific to support groups: **(617) 926-4232**. For eligibility and contact information, see [Associations and Organizations](#).

### **Vision Aware**

Vision Aware is a website that helps adults who are losing their sight continue to live full and independent lives by providing timely information, step-by-step daily living techniques, a directory of national and local services, and a supportive online community.

Joining a support group may be the most important thing a person can ever do if they have been diagnosed with an eye condition, have a family member so diagnosed, or have become a caregiver for a person with low vision. Whether online or in a local community, such groups offer the opportunity to talk to others, share common concerns, frustrations and stories, and find solutions to vision-related difficulties. **Phone: (413)-747-7337.**

The following link can help a contact utilize a directory of local support groups in area. For website information specific to seniors with vision loss, go to: [www.visionaware.org](http://www.visionaware.org)



## Low Vision Assessments

*Where can an elder get a low vision assessment from a specialist to help them register with the associations, receive referrals, and prescribe low vision devices?*

.....

### **William P. Beetham Eye Institute Joslin Diabetes Clinic**

1 Joslin Place, Boston, MA 02215

**Phone:** (617) 309-2554

**Website:** [www.joslin.org/care/eye.care](http://www.joslin.org/care/eye.care)

For additional lists of accepted insurance providers, go to:

[www.joslin.org/care/accepted-insurance.html](http://www.joslin.org/care/accepted-insurance.html)

**Insurance information:** accepts Medicare.

### **Carroll Center for the Blind**

New England Eye (NEE) Low Vision Clinic

770 Centre Street, Newton, MA 02458

**Phone:** (800)-852-3131 x225

Contact Maureen Foley for an appointment at NEE

**Email:** [dina.rosenbaum@carroll.org](mailto:dina.rosenbaum@carroll.org)

**Website:** [www.carroll.org](http://www.carroll.org)

**Insurance information:** phone the Low Vision Clinic and ask about accepted insurances.

### **Massachusetts Eye & Ear Infirmary**

#### **Vision Rehabilitation Center**

243 Charles Street Boston, MA 02114

**Phone:** (617) 573-4177, **Fax:** (617) 573-4178

**Website:** [www.masseyeandear.org](http://www.masseyeandear.org)

**Insurance information:** to determine if an elder's insurance plan covers the service, contact their health insurance representative. To ensure proper billing for service, it is important to bring current insurance card(s) to all appointments.

## **Boston University Eye Associates**

Boston Medical Center, Yawkey Clinic  
850 Harrison Ave, 3rd Floor, Boston, MA 02118  
**Phone:** (617) 414-4020, **Fax:** (617) 414-4028

**Insurance information:** On the day of your appointment, bring your insurance cards with you. If your insurance requires a referral, please request one from your primary care physician prior to your appointment.

## **New England Eye Center**

**Main Office:**

260 Tremont St., Biewend Building, 9-11th Floors  
Boston, MA 02116

**Mailing Address:**

New England Eye Center  
c/o Tufts Medical Center  
800 Washington St. #450, Boston, MA 02111  
**Phone** for Boston appointments: (617) 636-4600  
**Website:** [www.neec.com](http://www.neec.com)

## **New England College of Optometry Center for Eye Care**

930 Commonwealth Ave, Boston, MA 02215  
**Phone:** (617) 262-2020, **Fax:** (617) 236-6323  
**Website:** [www.necoeyecare.org](http://www.necoeyecare.org)

## **Perkins New England Eye Low Vision Clinic**

175 North Beacon St., Watertown, MA 02472  
**Phone:** (617) 972-7296, **Fax:** (617) 972-7297  
**Website:** [www.perkins.org/community-programs/low-vision-clinic/](http://www.perkins.org/community-programs/low-vision-clinic/)  
**Email:** [lowvision@perkins.org](mailto:lowvision@perkins.org)

## **Veterans Administration Advanced Low Vision Clinic**

VA Boston Health Care System  
150 South Huntington Ave, Jamaica Plain, MA 02130  
8<sup>th</sup> Floor, Rm 813-52  
**Phone:** 1-800-857-3384 ext. 4553



# Volunteers

## *What agencies provide volunteer supports for low vision elders?*

.....

### **FriendshipWorks**

105 Chauncy Street, Suite 801, Boston, MA 02111

**Phone:** (617) 482-1510

**Website:** [www.fw4elders.org](http://www.fw4elders.org)

**Email:** [Friend@fw4elders.org](mailto:Friend@fw4elders.org)

FriendshipWorks has matched volunteers in Boston and Brookline with their elderly neighbors free of charge since 1984. We serve people 60 and older, and 55 and older for those with hearing or vision loss.

Our Volunteer Programs:

- **Friendly Visitors**—visit elders weekly in their homes, offering friendship and support. They help low vision elders read mail or go for walks while offering much needed social support.
- **Medical Escorts**—accompany elders on their medical appointments—for low vision elders this service is essential to attending doctor’s appointments in a safe and dignified way.
- **Friendly Helpers**—assist with short-term tasks, including shopping packing, and organizing.
- **PetPals**—visit nursing homes, assisted living facilities and individual elder homes with their dogs, cats, and other pets.

We also have 3 Neighborhood Offices:

- **La Cadena de Amistad**—provides all of our services in Spanish and English as well as our music program MusicWorks that brings music into the homes of elders.
- **Allston/Brighton Office**—serves elders in Allston and Brighton and offers the Missing Piece Project, which matches older adult volunteers with appropriate service opportunities in the community.
- **South End/Roxbury Office**—our newest neighborhood office housed at Union United Methodist Church provides our core services, with attention to the unique needs and gifts of these neighborhoods.

## Somerville Cambridge Elder Services

61 Medford Street, Somerville, MA 02143-3429

**Phone:** (617) 628-2601, **Fax:** (617) 628-1085

**Website:** [www.eldercare.org/home/](http://www.eldercare.org/home/)

A non-profit elder services agency dedicated to helping people maintain independence and well-being at home by providing services, supports, and information.

## Jewish Family and Children's Service (JF&CS)

18 Shepard Street, Brighton, MA 02135

**Phone:** (781) 647-JFCS (5327)

**Email** via contact page link: [www.jfcsboston.org/Contact-Us/Request-for-More-Information](http://www.jfcsboston.org/Contact-Us/Request-for-More-Information)

Jewish Family & Children's Service cares for individuals and families by providing exceptional human service and health care programs, guided by Jewish traditions of social responsibility, compassion, and respect for all members of the community. JF&CS offers comprehensive, compassionate geriatric care to help senior adults live healthy, independent, and meaningful lives.

## Neighbors Who Care

174 Moody Street, Waltham, MA 02453

**Phone:** (781) 893-1860

**Website:** [www.neighborswhocare.net](http://www.neighborswhocare.net)

Neighbors Who Care has celebrated the lives of elders in the greater Waltham area (Lexington, Newton, Arlington and Watertown) for over 11 years. Their vision is to alleviate the loneliness and isolation of those who may find themselves without much-needed support.



## Elder Care Referral Services

*There are other important elder service providers that can assist low vision elders. Services include caregiver support, case management, coordinated care programs, day programs, in-home supports, personal care services, food and nutrition services and much more. Many services for elders are delivered through a network of Aging Service Access Points (ASAP).*

.....

### ASAPs for Boston and Brookline

#### **Boston Senior Home Care**

89 South Street, 5th Floor, Suite 501

Boston, MA 02111

Phone: (617) 451-6400

Website: [www.bshcinfo.org](http://www.bshcinfo.org)

#### **ETHOS**

555 Amory Street

Jamaica Plain, MA 02130

Phone: (617) 522-6700

Website: [www.ethocare.org](http://www.ethocare.org)

#### **Central Boston Elder Services**

2315 Washington Street

Boston, MA 02119

Phone: (617) 277-7416

Website: [www.centralboston.org](http://www.centralboston.org)

#### **Brookline Council on Aging**

93 Winchester Street

Brookline, MA 02446

Phone: (617) 730-2777

Website: [www.brooklinema.gov/245/Council-on-Aging](http://www.brooklinema.gov/245/Council-on-Aging)

To find the ASAP closest to you, call the **Massachusetts Office of Elder Affairs at 1-800-243-4636.**

The Office of Elder Affairs also has a statewide information and referral number, **1-800-AGE-INFO.**

The following free services connect elders with available resources and information in Boston.

### **Boston ElderINFO**

Assist elders, disabled individuals, and their families in accessing a comprehensive range of services that address health care needs. They provide information and referral for elders throughout Boston.

**Phone:** (617) 292-6211

**Website:** [www.800AgeInfo.com](http://www.800AgeInfo.com)

### **MassOptions**

Connects elders, individuals with disabilities, and their caregivers with agencies and organizations that can best meet their needs.

**Phone:** 1-844-422-6277 (1-844-422-MASS)

**Website:** [www.massoptions.org/massoptions/](http://www.massoptions.org/massoptions/)



## Thank You to the FriendshipWorks Farsighted Team

This Resource Guide would not be possible without the insight, expertise, and support of our Farsighted Team of experts who are working together to address social isolation for elders with low vision.

**Dean K. Denniston, Jr.**  
Board member, FriendshipWorks  
Advocate for the visually  
impaired community

**Janet Huettig, LICSW**  
Director of Social Work  
Massachusetts Eye and Ear

**Richard J. Jamara, OD, FAAO**  
Professor of Optometry/  
Diplomat Low Vision  
NECO Fellowship of Christian  
Optometrist Student Chapter  
Advisor  
The New England College of  
Optometry

**Ulyena McPherson, MS**  
Massachusetts Commission for  
the Blind  
Regional Director-Region 6  
Boston

**Kyle Robidoux**  
Director of Volunteer & Support  
Group Services  
Massachusetts Association for the  
Blind & Visually Impaired

**Dr. Cathy D. Stern, OD, FCOVD**  
Board Certified in Vision Therapy,  
Developmental Optometry,  
Neuro-Optometric Rehabilitation

### FriendshipWorks Staff Farsighted Team members:

Janet Seckel-Cerrotti  
Christy Waybright  
Caity Axelrod-McLeod  
Lois Lord Waller  
Bill Margraf

### A special thanks for resource guide content and design:

**Alicia Hanley**, New England College of Optometry, class of 2018  
**Joni Waybright**, Artist and lover of design software  
**Danielle Morin**, FriendshipWorks Marketing and Social Media  
Associate



New England  
College of Optometry

MASSACHUSETTS ASSOCIATION  
for the  
Blind and Visually Impaired



Massachusetts  
Eye and Ear  
Infirmary





105 Chauncy Street  
Boston, MA 02111  
(617) 482-1510

[www.fw4elders.org](http://www.fw4elders.org)

In addition to the downtown office, FriendshipWorks has three neighborhood offices:

**Jamaica Plain  
Neighborhood Office**

*La Cadena de Amistad,  
Sherrill House*

135 South Huntington Ave.,  
Jamaica Plain, MA 02130

**Phone:** (617) 482-1510x141

**Email:** [lhebbert@fw4elders.org](mailto:lhebbert@fw4elders.org)

**Allston/Brighton  
Neighborhood Office**

*Presentation School Foundation  
Community Center*

640 Washington St., Suite  
103, Brighton, MA 02135

**Phone:** (617) 823-7050

**Email:** [scowan@fw4elders.org](mailto:scowan@fw4elders.org)

**South End & Roxbury  
Neighborhood Office**

*Union United Methodist Church*

485 Columbus Ave.

Boston, MA 02118

**Phone:** (617) 455-5056

**Email:** [mmohamed@fw4elders.org](mailto:mmohamed@fw4elders.org)





105 Chauncy Street  
Boston, MA 02111  
(617) 482-1510  
[www.fw4elders.org](http://www.fw4elders.org)

The Low Vision Guide was made possible through the  
generous support of



Boston Commission on Affairs of the Elderly