



Working with Vision Loss

Tips for Visiting with a Rehabilitation Counselor

Here are some tips and ideas that can be helpful for your appointment with the rehabilitation counselor.

If you need help finding a rehabilitation counselor, contact the American Printing House for the Blind Connect Center at 800-232-5463.

Discuss Your Work, Skills, and Interests

- Explain what type of work you do or have done.
- Talk about what you want to keep doing, and what changes you might want to make.

Talk About Your Vision

- Share how your vision is affecting your job performance. For example, if most of your job duties are done on a computer—and you have difficulty seeing the screen clearly—tell your counselor about it.

Your employer may be legally required to provide funding for reasonable accommodations—the adaptations you may need to do your job. Your counselor can make suggestions to help you stay productive and safe on the job—or find a new job. But first, those needs must be understood.

Ask About Other Services

- You may be eligible for other services, such as vocational rehabilitation. Your rehabilitation counselor can help you find out and follow up.

Be Your Own Advocate

- If your rehabilitation counselor says something you don't understand, ask them to explain.
- Be clear about your needs, and let your counselor know if your rights are being violated.

Tip: For more information about your legal rights at work, check out the Resources for Hadley's Working with Vision Loss workshops, or contact a Hadley learning expert.

Track Your Progress

- Share openly with the rehabilitation counselor about any challenges you're having with the plan to achieve your goals. And share what's going well, too.
- Take notes on how you're moving toward your goals, as well as your discussions with the rehabilitation counselor. (See Hadley's series on staying connected for tips and ideas for taking notes.)

Have Patience

- Rehabilitation counselors often have large caseloads. This may cause services to get delayed from time to time.
- Keep working toward your goals, and using your other job-search resources, such as job clubs, organizations, and websites.