

## BALANCE for Blind Adults mission

To enable people who are blind or vision impaired to be independent, participating members of their community.



## BALANCE for Blind Adults philosophy

As stated in the *Canadian Charter of Rights and Freedoms*, all people have the right to be respected as valued members of society and of their communities.

At BALANCE, we ensure that people who are blind or vision impaired have opportunities to:

- ◆ be active, contributing members of the community
- ◆ be recognized as individuals with a unique and valuable contribution
- ◆ feel dignified and respected
- ◆ take risks and be challenged
- ◆ be responsible for themselves
- ◆ make meaningful lifestyle choices
- ◆ develop the skills to live independently



BALANCE for Blind Adults is a Toronto-based non-profit agency supporting people who are blind or vision impaired

Since 1986

Education  
Training  
Counselling  
Job Development

Contact us today!

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Charitable Registration Number  
BN13278.4851.RR0001



**One Step at a Time**



# BALANCE for Blind Adults — helping you reach your goals

## Daily Living Skills

### Home Management

- ✦ organizing your kitchen
- ✦ planning and preparing meals
- ✦ eating for health and enjoyment
- ✦ using appliances and utensils safely
- ✦ doing laundry and cleaning

### Personal Management

- ✦ choosing clothes
- ✦ applying makeup
- ✦ handling money and budgeting
- ✦ shopping
- ✦ record keeping
- ✦ accessing information



## Orientation and Mobility

### Orientation

- ✦ travelling safely at home and in the community
- ✦ using sensory and environmental cues to determine location

### Mobility

- ✦ using a white cane or guide dog
- ✦ using your residual vision
- ✦ developing listening skills
- ✦ preparing for a guide dog

## Community Access Facilitation

- ✦ finding housing
- ✦ getting reconnected to your community
- ✦ focusing on interests, removing barriers
- ✦ getting involved in recreation activities
- ✦ working as a volunteer
- ✦ accessing community resources



## Access Technology Instruction

- ✦ screen reading and scanning software
- ✦ screen magnification software
- ✦ operating system and file management
- ✦ refreshable Braille displays
- ✦ hardware/software for Braille embossers
- ✦ upgrading in Internet, e-mail, MS Office



*BALANCE inspired me to be independent and equipped me to move forward in all aspects of my life—Alex*



*I would like to say thank you and keep up the great work. I'm so pleased I chose BALANCE Employment Services to help me find a job—Peggy*

## Employment Services

### Job Seekers

#### Get connected

- ✦ do research, find job leads
- ✦ match your skills to job opportunities
- ✦ get introduced to prospective employers

#### Be prepared

- ✦ focus on your career goals
- ✦ identify your strengths and skills
- ✦ shape your resume/cover letter for the job
- ✦ sharpen your interview skills

#### Be accommodated

- ✦ assist in identifying and arranging workplace accommodations
- ✦ help educate workplace colleagues
- ✦ get ongoing workplace support



### Employers

#### Get results

- ✦ prescreened job-ready candidates
- ✦ awareness training and support
- ✦ recent university and college graduates
- ✦ experienced, skilled workers
- ✦ highly motivated, conscientious employees

#### Promote equal opportunity

- ✦ lead a diverse and inclusive workforce
- ✦ meet equity targets
- ✦ optimize workplace solutions
- ✦ build corporate citizenship