



**CCB/ EYE CARE CARIBBEAN**

**CARIBBEAN COUNCIL FOR THE BLIND  
&**

**THE FOUNDATION FOR EYE CARE IN THE CARIBBEAN**

**PURPOSE**

**“Preventing blindness and visual impairment; while restoring sight and creating opportunities for persons whose sight cannot be restored.”**

**REGIONAL TRAINING PROGRAMME FOR ADJUSTMENT TO  
BLINDNESS TECHNICIANS/INSTRUCTORS  
(REHABILITATION FIELD OFFICERS)**

**COURSE OUTLINE**



***DURATION:***

<b><i>NO. PAGE</i></b>	<b><i>CONTENTS</i></b>	
<b><i>1. MODULE ONE:</i></b>	<b><i>ORIENTATION/PLANNING/ EVALUATION AND SELECTION OF CASE LOAD.</i></b>	<b><i>1</i></b>
<b><i>2. MODULE TWO:</i></b>	<b><i>REHABILITATION/DYNAMICS OF VISUAL IMPAIRMENT</i></b>	<b><i>3</i></b>
<b><i>3. MODULE THREE:</i></b>	<b><i>TECHNIQUES FOR WORKING WITH PERSONS WHO ARE BLIND OR VISUALLY IMPAIRED</i></b>	<b><i>5</i></b>
<b><i>4. MODULE FOUR:</i></b>	<b><i>CASE WORK/CLIENT VISITS</i></b>	<b><i>12</i></b>
<b><i>5. MODULE FIVE:</i></b>	<b><i>INTRODUCTION TO COUNSELLING</i></b>	<b><i>12</i></b>
<b><i>6. MODULE SIX:</i></b>	<b><i>INCOME GENERATION SUPPORT</i></b>	<b><i>12</i></b>
<b><i>7. MODULE SEVEN:</i></b>	<b><i>A GERIATRIC PROFILE</i></b>	<b><i>14</i></b>

**MODULE ONE: ORIENTATION/PLANNING/EVALUATION AND  
SELECTION OF CASE LOAD.**

**DURATION: AT LEAST 14 CONTACT HOURS**

**DATES:**

**RESOURCE PERSON:**

**OBJECTIVE 1: Establish Course Dynamics.**

**Topics:**

- *Introductions/vocational history of participants*
- *Review of Course Guidelines.*
- *Sharing of responsibilities*
- *Weekly Planning/Daily Scheduling*
- *Classroom/Practical*
- *Client Case-loads*

**OBJECTIVE 2: Provide Project History and Development.**

**Topics:**

- *CCB History*
- *Programme Administration and Finance*
- *Eye Care/ Prevention - Co-operative effort with other Eye Care/Prevention Programmes*
- *Regional/National Education Policies and Programmes*
- *Regional Adjustment to Blindness (Rehabilitation) Policies and Programmes.*
- *Future trends of CCB:*

- *The delivery of Eye Care, Education and Adjustment to Blindness (Rehabilitation) Services based on the cost of delivering such Services.*

***OBJECTIVE 3: Establish Programme Goals, Objectives and Strategies.***

***Topics:***

- *Larger vision of the Programme*
- *Recognizing limits of position/Programme*
- *Listing of Goals/Objectives*
- *Modules introductions/Brief Concepts definitions*

***OBJECTIVE 4: Develop Planning and Evaluation Training Mechanism.***

***Topics:***

- *Defining the target Community*
- *Defining the target Group*
- *Establishing likely number of beneficiaries*
- *Establish projected numbers of beneficiaries per year.*
- *Weekly Planning/Evaluation Meetings*
- *Written Reports; Adjustment to Blindness (Rehab) Plans; Field Observation; Practicum Results*
- *Teaching Evaluation Model for effectiveness*
- *Learning Evaluation Model*

**MODULE TWO: REHABILITATION/DYNAMICS OF VISUAL  
IMPAIRMENT.**

*(Medical, Sociological, Social, Psychological Perspectives).*

**DURATION: AT LEAST 14 CONTACT HOURS**

**DATES:**

**RESOURCE PERSONS:** - *Ophthalmologist (Medical Perspectives).*  
- *Other Resource Persons - (Sociological, Social and  
Psychological Perspectives) - to be named.*

**OBJECTIVE 1:**

**Introduction to the Structure and Functions of the Eye.**

**Topics:**

- *Anatomy of the Eye*
- *Physiology of the Eye*
- *Eye Care/maintenance*
- *Visual acuity*

**OBJECTIVE 2: Develop Understanding of Impairment and Loss of Vision.**

**Topics:**

- *Diseases of the eye*
- *Region specific prevalence*
- *Symptoms/presentations*
- *Treatment/prognosis/follow-up care*

**OBJECTIVE 3: Introduction to Rehabilitation.**

**Topics:**

- *Definitions, Concepts, Objectives, Terminologies.*
- *Historical Overview*
- *Current International Trends*
- *Caribbean Profile*
- *National Profiles (featuring the National Situations represented on the Course).  
Trainees are expected to familiarize themselves with the status of blindness and blind persons in their respective countries.*
- *Projection of future Regional Trends*

***OBJECTIVE 4: Develop Awareness of Politics of Rehabilitation.***

**Topics:**

- *Mandates/Policies of Societies, Ministries, Communities  
(Trainees are expected to discuss this topic in the context of their National Situations)*
- *Social/Cultural barriers to Rehabilitation*
- *RFO role as Animator/Facilitator*

***OBJECTIVE 5: Develop Awareness of Dynamics of Visual Impairment..***

**Topics:**

- *Self- assessment of fears and prejudices*
- *Psychological implications of loss of sight*
- *Congenital/Adventitious Profile*

- *The Integration and Re-integration Processes*
- *Reaction process of Family/Community*

**MODULE THREE: TECHNIQUES FOR WORKING WITH BLIND AND VISUALLY IMPAIRED PERSONS.**

**DURATION: AT LEAST 140 CONTACT HOURS.**

**DATE:**

**RESOURCE PERSON: (Rehabilitation Specialist).**

(Resource Person and Trainees should determine most suitable locations and time of day for each activity. At the discretion of the Resource Person and Trainees, formal sessions can be held on weekends and Public Holidays, if any.)

**OBJECTIVE 1: Develop Skills in Establishing Client Relationship.**

**Topics:**

- *Environment Assessment/Awareness*
- *Self Presentation*
- *Communication Skills*
- *Timing Element*
- *Social Prejudices*

**OBJECTIVE 2: Getting to know your Client.**

**Topics:**

- *Concepts of Visual Impairment,*
- *Concepts and range of total blindness.*

***- Rehabilitation implications of Permanent Blindness versus Temporary Blindness.***

***- A Review of the Intake Process  
(Taking a Medical/Social/Sociological Profile)***

***- Learning About the Client's Family and Community***

***OBJECTIVE 3: Develop Collaborative Skills in Goal Setting with Client.***

***Topics:***

***- Personal/Social/Vocational Inventory***

***- Setting and prioritising Goals***

***- Task Analyses***

***- Clients internal/external resources***

***- Clients internal/external Community/Rehab***

***OBJECTIVE 4: Develop Ability to integrate Results into Rehab Plan.***

***Topics:***

***- Task Analysis***

***- Strategies to be used***

***- Identification and securing of resources***

***- Time-lining Rehab Activities***

***- Work scheduling***

***- Record- keeping/Report- writing***



***OBJECTIVE 5: Develop Referral, Following-up.***

***Topics:***

- Inter-sectoral Liaisons***
- Performance Indicators***
- Case Supervision/Management***

***OBJECTIVE 6: Develop Training Skills in Utilizing Remaining Vision.***

***Topics:***

- Techniques for working with Low Vision Persons***
- Adaptation in Orientation and Mobility and Daily living Skills techniques***

***OBJECTIVE 7: Introduce Principles of Daily Living Skills.***

***Topics:***

- Identify skills areas in:***
- Personal Management***
- Home Management***
- Community Integration***
- Vocational Activity***
- Issues of Personal Privacy/Family/Volunteer***
- Personal Styles and Choices***

***OBJECTIVE 8: Utilize Task Analyses Techniques in Skill Adaptations of DLS.***

***Topics:***

- *All of the above*

***OBJECTIVE 9: Develop Skills in Performing and Teaching of DLS.***

***Topics:***

- *Personal Management: personal hygiene, clothing, laundering, money management, eating skills, self presentation*
- *Home Management: indoor/outdoor maintenance, food preparation, cooking, record keeping, identification skills*
- *Community Integration: social/recreation activities, shopping, banking*

***OBJECTIVE 10: Develop Ability to Assess Clients DLS needs relative to Plan.***

***Topics:***

- *Relations to personal/social/ vocational goals*
- *Needs of the elderly*
- *Learning from the clients*
- *Volunteer Networking*

***OBJECTIVE 11: Introduction to Communication Skills.***

***Topics:***

- *Methods of reading and writing i.e. large print, graphic displays, braille and other tactile material and audio material*

***OBJECTIVE 12: Introduction to Principles and Practices of Orientation and***

## **Mobility.**

### **Topics:**

- *Orientation/Mobility*
- *Sensory awareness/utilization*
- *Sighted Guide*
- *Self- protection*
- *Cane Travel*
- *Public Transport*

***OBJECTIVE 13: Develop Ability to assess Clients' O&M Needs Relative to Personal Goals.***

### **Topics:**

- *Linkages with Social/Vocational Goals*
- *Phasing of activities*
- *Keeping O&M a part of the whole*
- *Family Training*

***OBJECTIVE 14: Develop Performance and Teaching Skills of O&M Techniques.***

### **Topics:**

- *Sensory awareness*
- *Sighted Guide*
- *Self- protection*

- *Cane Travel*
- *Public Transport*

***OBJECTIVE 15: Develop Skills in Vocational Assessment/Guidance.***

***Topics:***

- *Employment Histories*
- *Interest Inventory*
- *Motivation level*
- *Market/Training Options*

***OBJECTIVE 16: Develop Ability to Profile Community Training and Employment Opportunities.***

***Topics:***

- *Assess Private and Government sources of information*
- *Market projections-success/failures ventures*
- *Income support activities*
- *Workshop potential for training and/or employment*

***OBJECTIVE 17: Determine Feasibility based on Task Analysis Skills.***

***Topics:***

- *Task analysis above options*
- *Manual dexterity*
- *Physical/Medical Status*

- *Vision Prognosis*
- *O&M/DLS/Community Skills*
- *Family/Community Support Systems*
- *Work- place Adaptations*

***OBJECTIVE 18: Develop Ability to Plan and Implement Work Readiness Groups.***

***Topics:***

- *Application of the above topics to Motivation Exercises.*

***MODULE FOUR: CASEWORK /CLIENT VISITS.***

***DURATION: AT LEAST 35 CONTACT HOURS.***

***DATE:***

***RESOURCE PERSON:***

***(1). ADJUSTMENT TO BLINDNESS (REHABILITATION) CASEWORK:***

***OBJECTIVE 1: Establish Adjustment to Blindness (Rehabilitation) / Goals and Objectives.***

***Topics:***

***1.1 Goal-directed, Client-centered, Time-limited Intervention.***

***1.2 Goals and Performance Objectives.***

***1.3 Recording Goals and Objectives.***

***OBJECTIVE 2: Casework Principles:***

**Topics:**

***2.1 Principle of Self-Determination***

***2.2 Principle of Confidentiality***

***OBJECTIVE 3: Family in the Casework Relationship.***

**Topics:**

***3.1 Importance of Family in setting Goals and Objectives.***

***3.2 Involvement of Family in Adjustment to Blindness (Rehabilitation) Process – Skills Training.***

***3.3 Social, Cultural and Religious Factors in the Casework Relationship.***

***OBJECTIVE 4: Case Conferences.***

**Topics:**

***4.1 Why Case Conferences?***

***4.2 Purpose of Case Conferences.***

***4.3 Case-finding***

***4.4 Networking.***

***OBJECTIVE 5: Terminating the Process.***

**Topics:**

***5.1 Why?***

***5.2 When***

***5.3 How?***

***(2) ADJUSTMENT TO BLINDNESS (REHABILITATION) VISITS:***

**OBJECTIVE 1: Home Visits**

**Topics:**

***1.1 Where? – Place.***

***1.2 When? – Day, Time, Frequency.***

***1.3 Purpose of visit. – Why?***

***1.4 Scheduling subsequent visits.***

**OBJECTIVE 2: Reporting on Visits.**

**Topics:**

***2.1 Biographical and other Reports.***

***2.2 Activity Report***

***2.3 Progress towards achievement of Goals/Objectives***

***2.4 Adjustment to Blindness Instructors (RFOs') Observations***

***2.5 Clients' Feelings/Comments***

***2.6 Importance of Reporting/Record-keeping.***

**OBJECTIVE 3: Quarterly Reports.**

**Topics:**

***3.1 Adjustment to Blindness (Rehabilitation) Report***

***3.2 Certification Report***

***3.3 Data on Persons Rehabilitated***

***3.4 Reporting on Training Programmes conducted, etc.***

***MODULE FIVE: “ELEMENTS OF COUNSELLING.”***

***DURATION: AT LEAST 35 CONTACT HOURS.***

***DATE:***

***RESOURCE PERSON:***

***OBJECTIVES/TOPICS - (Presented as a separate Course – See Appendix):***

***MODULE SIX: INCOME GENERATION SUPPORT***

***DURATION: AT LEAST 21 CONTACT HOURS***

***DATE:***

***RESOURCE PERSON:***

***OBJECTIVE 1: Develop the Skills to Perform Basic Economic Feasibility Function for Vocational Goal.***

***Topics:***

- Entry Market Diagnosis***
- Costing***
- Accounting***
- Income Support/Substitution/Independence***

***OBJECTIVE 2: Identify and Assess Existing Financial and Technical Support Systems with Clients.***

***Topics:***

- Approach Techniques***



***- Application Process***

***- Pre-requisite determination***

***- Level of needed RFO specific support:***

***(a)Credit Unions/NDFs/NGOs/Agri and Community Banks/Credit Institutions***

***(b)Local skilled Professional/ Government, Extension Workers/Family***

***OBJECTIVE 3: Develop Technical Case Management for Implementation/Supervision and Support of Project.***

***Topics:***

***- Professional Peers/Community***

***- Lending Institutions Representative***

***- Civic/Community Leaders***

***- Senior Citizens (other)***

***- Society for Visually Impaired Persons' Representative***

***MODULE SEVEN: A GERIATRIC PROFILE***

***DURATION: AT LEAST 14 CONTACT HOURS***

***DATE:***

***RESOURCE PERSON: (To be named).***

***OBJECTIVE 1: Understanding the Role and Impact of the Family.***

***Topics:***

- *Dynamics of the Caribbean Family*
- *Family Values, Norms and Roles within the Caribbean Family (to include Religions)*
- *Psychological implications of aging in the Caribbean Family*
- *Status of the Geriatric Blind in his/her Family*

***OBJECTIVE 2: Facilitating Education of/for the Geriatric Blind.***

***Topics:***

- *Use of formal education system by the Geriatric Blind*
- *Strategies for facilitating the ongoing education of the Geriatric Blind*

***OBJECTIVE 3: Maintaining a Place for the Geriatric Blind in the World of Work.***

***Topics:***

- *Continuing Employment*
- *Alternative Employment Opportunities*
- *Preparation for Retirement/use of time for personal and family qualification*

***OBJECTIVE 4: Exploration of Recreational Options available to the Elderly (blind or sighted).***

***Topics:***

- *Recreation and the Family*
- *Community Impact/Opportunities for Recreation*

***End of Course Outline.***

