

EMPOWERME WITH TECHNOLOGY

- Learn how technology can make you competitive in the workplace
- Receive intensive training to integrate technology into employment settings
- Integrate technology into daily life
- Assess and train to keep current at work, in school, and at home
- Learn Microsoft, iOS, JAWS, ZoomText
- Become savvy in tech equipment and access technology
- Train for Microsoft Office for Mac/PC



"The program was truly life-changing! We learned the latest technologies designed to help us compete in today's working world. I made friends for life."

PROGRAM TAILORED FOR YOU

- A schedule of 2-22 weeks of comprehensive instruction and activities
- Opportunities to explore: vocational development, accessible technology, orientation and mobility, braille, daily living skills, communications, and manual arts along with personal adjustment support
- Highly-trained, experienced staff include: Certified Vision Rehabilitation Therapist, Certified Low Vision Therapist, Certified Rehabilitation Counselor, Certified Orientation and Mobility Specialist, Access Technology Specialist, Manual Arts Instructor, Community Engagement Coordinator, and a Social Worker (for personal adjustment support), along with access to a Low Vision Clinic
- Historic residence offers home-like, group living, and community for eligible participants from across the U.S.
- After-hours recreational activities with opportunities to explore Portland, the cultural and entertainment mecca of Maine's rocky southern coast



Additional On-site Support: The first step is a Tech Evaluation and Set-up service and/or the Access Technology Placement Questionnaire. Lighting and ergonomics assessments, tech support, script writing, on-the-job training, consulting with information technology, and website usability.

Stay current! In the ever evolving technology field, there is an ongoing need for education. Ask us about one-day training on specific devices, software or platforms.

CONTACT US

Call us about eligibility and referrals.

Front desk: **(207) 774-6273**

Admissions: **(207) 518-5015**

admissions@theiris.org

We welcome participants from across the United States.

the
Iris
network
Rehabilitation Center

189 Park Avenue

Portland, Maine 04102

www.theiris.org/services/rehabilitation-center

The Iris Network is a community-based, Maine nonprofit 501(c)(3) public-benefit corporation accredited by the *National Accreditation Council for Blind and Low Vision Services*.

The Rehabilitation Center was launched in 2015 in partnership with Maine's Division for the Blind & Visually Impaired.

Our vision is to build a world where no person is limited by visual impairment or blindness.

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We teach employment and living skills for working-age people who are blind or visually impaired.



PROGRAMS:

**IRIS WORK READINESS
ASSESSMENT PROGRAM**

EMPOWERME FOR WORK

EMPOWERME FOR TRANSITION

EMPOWERME WITH TECHNOLOGY

IRIS-WORK READINESS

ASSESSMENT PROGRAM (I-WRAP)

The 2-week I-WRAP evaluates competencies in core skills needed to be self-sufficient and competitively employed for people who are blind/visually impaired. I-WRAP or a recent, equivalent assessment is a pre-requisite for other programs.

What are core skills?

- Grasping what it takes to be competitive in today's labor market
- Adjusting to vision loss
- Maximizing remaining vision
- Using your other senses
- Traveling independently
- Accessing technology
- Managing home and self-care
- Organizing and locating written information
- Networking with people with visual impairments
- Using services and products for people with vision loss



Through standardized testing and functional performance observations, I-WRAP will inform staff who will recommend the specific and measurable training needed to strengthen your core skills and employment readiness.

EMPOWERME FOR WORK



EmpowerME for Work is a 12-week program designed to develop the skills critical to your success at home, work, and in the community.

Most training sessions are in small groups or one-on-one when possible. You will be part of a community of up to 10 individuals, living together, supporting and empowering each other to learn new skills and shape your future.

- Explore careers through interest testing, job shadowing, informational interviews, and work experiences
- Identify natural supports in a workplace
- Receive intensive training to integrate technology into employment settings
- Maximize functional low vision
- Use & develop independent mobility skills by traveling in a new community using public transportation, technology, and street travel
- Develop adaptive home management, cooking, and personal care skills
- Create an accessible personal information management system to handle bills, mail, and records
- Read, write, and label in braille
- Build problem-solving skills in manual arts; learn to see with your hands
- Adjust to your vision loss through clinical counseling, peer networking, and by building a blindness resource list
- Learn to plan and access recreational/leisure activities in the community



EMPOWERME FOR TRANSITION

EmpowerME for Transition is a 20-week program of experiential learning for post high school young adults.

Participants follow a customized curriculum of core skills and vocational development. Acquired core skills are put to use in work experiences in Portland area businesses.

- Understand the job market and workplace expectations
- Learn how technology can make you competitive in the workplace
- Participate in job shadows and informational interviews, describe your vision loss and access needs, and advocate for yourself
- Build work experience, professional network, and a strong resume
- Discuss perspectives/concerns about work, online safety, networking, social media, and resources with peers, staff, and others with disabilities
- Integrate technology into daily life
- Maximize functional low vision
- Use & develop independent mobility skills by traveling in a new community using public transportation, technology, and street travel
- Develop adaptive home management, cooking, and personal care skills
- Create an accessible personal information management system to handle bills, mail, and records
- Read, write, and label in braille
- Sharpen your skills in making friends, keeping social safety, talking about your blindness, and building relationships
- Learn to plan and access recreational/leisure activities in the community