

# LIVE With LIO: Resources for Parents and Families

The resources below were shared during MDE-LIO's Blind/Visual Impairment (BVI) LIVE With LIO webinar on April 1, 2020.

## Daily Routines

- Elements:
  - Structure
  - Discipline
  - Healthy Habits
  - Prioritizing Tasks
  - Learning and Practicing New Skills

## Morning and Evening Routines

- Set aside time to teach and practice new skills
- Predictable tasks
- Step-by-step skills
- Resist the urge to do things for them
- Examples:
  - Set an Alarm
  - Personal Hygiene: Teeth, hair, showering
  - Clean Room: Clothes, make bed, toys and books, vacuum
  - Laundry: Clothes, sheets, hang, fold

## Meals and Household Skills

- Prep and cook
- Clean up
- Set table
- Trash and recycling
- Feed pets

## Expanded Core Curriculum

- [Virtual Expanded Core Curriculum Education Learning \(ExCEL\) Academy for Students With Visual Impairments](https://pathstoliteracy.org/resources/virtual-learning-academy) (pathstoliteracy.org/resources/virtual-learning-academy) provides daily lessons for

students with visual impairments (collaboration between Paths to Literacy, American Printing House for the Blind, and California State University)

- ILS Calendars on [MDE-LIO ILS page](https://mdelio.org/blind-visually-impaired/expanded-core-curriculum/independent-living-skills) (mdelio.org/blind-visually-impaired/expanded-core-curriculum/independent-living-skills): Suggestions for practicing one ILS task each weekday; tasks are to be completed at home, and the sheet may be returned to the student's teacher at the end of each month
- Washington State School for the Blind [Video Clips on Blindness Tips](https://wssb.wa.gov/welcome-to-wssb/services/video-clips) (wssb.wa.gov/welcome-to-wssb/services/video-clips): Videos showing how to teach students skills such as matching clothes, shaving, tying shoes, and more

### **At-Home Activities and Support**

- [Stay-at-Home Activities for Children With Visual Impairments](https://pathstoliteracy.org/blog/stay-home-activities-children-visual-impairments) (pathstoliteracy.org/blog/stay-home-activities-children-visual-impairments) from Paths to Literacy for Students who are Blind or Visually Impaired
- [School at Home Activities for Students with Visual Impairments and Others \[PDF\]](https://www.ntac.blind.msstate.edu/pdf/tviom.pdf) (https://www.ntac.blind.msstate.edu/pdf/tviom.pdf) compiled from teacher consultants for visually impaired, special education teachers, and elementary teachers
- [How Journaling Benefits Your Child](https://scholastic.com/parents/books-and-reading/raise-a-reader-blog/how-journaling-benefits-your-child.html) (scholastic.com/parents/books-and-reading/raise-a-reader-blog/how-journaling-benefits-your-child.html): Journal writing can help children process feelings, build writing skills, and communicate their ideas
- [Lighthouse Guild Tele-Support Groups](https://lighthouseguild.org/patients-families/tele-support-services) (lighthouseguild.org/patients-families/tele-support-services): Offers programs and resources for parents and teens with tele-support groups

### **Fun and Games**

- [Zoom](https://zoom.us) (zoom.us): Play games with distant family and friends on the video conferencing platform; games could include Categories, Story Starter, 21 Questions, Catch Phrase, Yahtzee, Bingo, Trivia, Apples to Apples, Two Truths and a Lie, etc.
- [Audio Description Project](https://acb.org/adp/masterad.html) (acb.org/adp/masterad.html)

### **Assistive Apps**

The following apps can be found by searching the [App Store](https://apple.com/ios/app-store) (apple.com/ios/app-store) or [Google Play](https://play.google.com/store) (play.google.com/store). The apps can also be found in the [MDE-LIO Assistive App section](https://mdelio.org/blind-visually-impaired/expanded-core-curriculum/assistive-technology) (mdelio.org/blind-visually-impaired/expanded-core-curriculum/assistive-technology):

#### Assistive Technology

- HumanWare
- Bookshare

#### Literacy Apps:

- Capti Voice
- Dolphin Easy Reader

- BARD
- EyeNote

#### Productivity Apps:

- Math Robot
- Seeing AI
- NoteAbility
- Aira

#### Leisure and Recreation Apps:

- Spark Video
- Art of Glow
- Zany Touch
- Novel Effect

### **Outdoor Exercise and Movement**

- [Tandem Bicycling](https://www.visionaware.org/everyday-living/recreation-and-leisure/sports-and-exercise/tandem-bicycling/1235) (visionaware.org/everyday-living/recreation-and-leisure/sports-and-exercise/tandem-bicycling/1235)
- [Ideas for Getting Your Kids Into Nature](https://www.childmind.org/article/ideas-for-getting-your-kids-into-nature) (childmind.org/article/ideas-for-getting-your-kids-into-nature)
- [Core Training \[Video\]](https://youtu.be/m-jFOD0ZFX0) (youtu.be/m-jFOD0ZFX0)
- [Gardening After Vision Loss: Tips from an Experienced Blind Gardener](https://www.visionaware.org/everyday-living/recreation-and-leisure/gardening/tips-from-a-blind-gardener/1235) (visionaware.org/everyday-living/recreation-and-leisure/gardening/tips-from-a-blind-gardener/1235)

### **Connecting With Nature**

- [25 Nature Webcams for Science Learning at a Distance](https://www.weareteachers.com/best-nature-webcams) (weareteachers.com/best-nature-webcams)
- [Naturespace](https://www.naturespace.org) (naturespace.org): Holographic audio app
- [Pure Michigan SoundCloud Channel](https://www.soundcloud.com/puremichigan) (soundcloud.com/puremichigan)

#### Bird Sounds

- [Bird Song Hero](https://academy.allaboutbirds.org/bird-song-hero) (academy.allaboutbirds.org/bird-song-hero): An app game from The Cornell Lab Bird Academy
- [The Distinctive Calls of Owls: A Sampler \[Video\]](https://academy.allaboutbirds.org/learn-to-identify-the-distinctive-calls-of-owls) (academy.allaboutbirds.org/learn-to-identify-the-distinctive-calls-of-owls): Resource from The Cornell Lab Bird Academy
- [Bird-sounds.net](https://www.bird-sounds.net) (bird-sounds.net): Bird sounds of North America

### **Transition Resources**

#### Preparing for Work

- [Preparing for Work](http://perkinselearning.org/transition/preparing-work) (perkinselearning.org/transition/preparing-work): Resource from Perkins School for the Blind
- [APHCareerConnect](http://aphcareerconnect.org) (aphcareerconnect.org): Provides free access to a variety of fully accessible employment and portfolio-building tools and exercises that support job seekers
- [Workforce Innovation Technical Assistance Center \(WINTAC\)](http://wintac.org) (wintac.org)

#### Preparing for College

- [College Bound: Prepare Ahead](http://smartkidswithld.org/getting-help/college-bound/college-bound-prepare-ahead/) (smartkidswithld.org/getting-help/college-bound/college-bound-prepare-ahead/): Resource from Smart Kids With Learning Disabilities
- [College Success at Perkins](http://perkins.org/school/transition-programs/college-success) (perkins.org/school/transition-programs/college-success)
- [BSBP College Prep Program \[Video\]](https://bit.ly/2wNM8DF) (bit.ly/2wNM8DF): Video from Bureau of Services for Blind Persons