Smooth Transitions
Independent Living Skills for Children and Youth Living with Vision Loss

CNIB is a nationwide, community-based, registered charity committed to research, public education and vision health for all Canadians.

CNIB provides independent living skills training, white cane travel skills, peer support, innovative consumer products and one of the world’s largest libraries for people with print disabilities.

To volunteer, donate or find out more about our programs and services, please call 1-800-563-2642 or visit us at www.cnib.ca.

The Smooth Transitions program is funded by:

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For more information about the Smooth Transitions program, please contact:

Brad Waghorn
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Gary Sandhu uses adaptive technology while working at CNIB as a peer support worker. Gary received independent living skills training and mobility lessons through CNIB.

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Funded by the BC Ministry of Education, the Smooth Transitions program will provide direct and quality independent living skills to school age children and youth living with vision loss in British Columbia. Independent living skills workshops will take place in Vancouver Island (north and south), Metro Vancouver, Fraser Valley, Interior and northern British Columbia. Workshop dates will be announced in October 2008.

The goals of the Smooth Transitions program are:

- To teach children and youth living with vision loss how to obtain, develop and apply independent living skills in a safe and efficient manner.
- Promote awareness of the need for independent living skills for children and youth to families and educational professionals.
- Collaborate with educational professionals from various school districts.

The benefits of the Smooth Transitions program are extensive and far reaching. These include:

**Children/Youth**
- Ability to apply independent living skills in their daily lives.
- Increased independence, self-esteem and confidence.
- Enhanced socialization skills.
- Opportunity to meet with peers with vision loss.
- Increased community involvement.

**Parents and Families**
- Enhanced awareness of the importance of independent living skills.
- Resources on how to promote independent living skills at home.
- Opportunity to learn about community resources available to children with vision loss.

**Educational Professionals**
- Increased awareness of CNIB and its children’s services.
- Opportunities to collaborate with CNIB on independent living skills workshops and developing curriculum for the program.
- Development and enhancement of community partnerships with CNIB.

Blind since the age of three, CNIB volunteer, Megan Winia is an award-winning quilt maker.