



# Steps to Success!

## For Students with Disabilities

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### CONTACT INFORMATION

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**Alternate formats available  
upon request**

**Questions or comments:**

**Contact Debra Carson at  
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### VESID's Eligibility Criteria

- \* Individual must have a permanent, documented disability
- \* The disability must pose an impediment to employment
- \* Individual must require services to successfully enter and maintain employment
- \* Individual must be able to benefit from services

The State Education Department does not discriminate on the basis of age, color, religion, creed, disability, marital status, veteran status, national origin, race, gender, genetic predisposition or carrier status, or sexual orientation in its recruitment, educational programs, services and activities.

## If the shoe fits.....

*by Debra Carson, Regional Marketing Representative and  
Diane Stachowski, Vocational Rehabilitation Counselor*

While a sophomore at Canisteo/Greenwood High School, Tim was hit in his right eye with a ball, during gym class. This accident left Tim with limited distance vision and no near vision in his right eye. He was later diagnosed with a Macular Hole, with peripheral vision but no central vision. According to medical documentation, reading is strenuous for him. Tim received accommodations while at the Canisteo Greenwood School and was a merit roll student. Tim attended GST BOCES and participated in the Heavy Equipment Program.



Tim was referred to VESID in his senior year of high school and worked with Diane Stachowski, a VESID Counselor.

Tim has always had an interest in working with and riding horses. He started his involvement with rodeos at a very young age. In the initial meeting with VESID, Tim stated that he had a desire to become a Farrier. Tim applied and was accepted to Cornell University's Farrier Program, housed at the Equine and Farm Animal Hospital of Cornell University's Hospital for Animals. This program accepts only 3 students for the term and provides anatomy and fundamental aspects of shoeing and their fabrication. The Farrier Program includes 400 hours of forge work and 220 hours in trimming feet, fitting and nailing shoes. VESID provided funding for the training as well as the required tools. In December 2008, Tim obtained a Certificate for Completion of the Farrier Program. Tim continued to obtain training in this area, which has led to an Apprenticeship in the Lockport-Buffalo area. Upon completion of the apprenticeship, Tim plans to have his own Farrier business.

Tim's mother, Donna, revealed that she admires her son's dedication and his courage for enduring his two eye surgeries, following which he had to lie face down for twenty-two hours a day over the six-week period following each surgery. Donna stated "Tim is a true trooper and he never complained!"

## Services for Visual Impairments vs. Legal Blindness

Individuals with legal blindness are typically served through the Commission for the Blind and Visually Handicapped ([www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)). However, there are exceptions in which NYS VESID would be the service agency. The chart below, from NYS VESID Policy, clarifies these unique situations.

If an individual is:	Then they will be served by:
Legally blind and hearing impaired	CBVH, with consultation from VESID
Legally blind and deaf	CBVH or VESID, as chosen by the consumer
Visually impaired with a progressive condition expected to result in legal blindness (or functioning as legally blind under certain ordinary conditions) and deaf	CBVH or VESID, as chosen by the consumer
Visually impaired and deaf	VESID, with consultation from CBVH
Visually impaired and hearing impaired	VESID, with consultation from CBVH

**Questions? Contact NYS VESID (see contact information at left) or CBVH at 315-423-5417.**

# Accommodation Ideas

February is National Low Vision Awareness Month. There are many ideas for accommodating low vision and other disabilities on the Job Accommodation Network. Below are just a few of the suggestions found through the Searchable Online Accommodation Resource (SOAR):



## Accommodations include:

### For reading printed materials:

- Hand, stand, or portable magnifier
- Information in large print (Note: The American Foundation for the Blind recommends that the font size be at least 16 point but preferably 18 point.)
- Photo copier enlarged paper material
- Color paper, acetate sheet, or overlay to increase color contrast between printed text and document
- Frequent breaks to rest eyes when fatigue is a factor

### For accessing computer information:

- Increased operating system font size with large-size computer monitors (Note: Computer users can modify their computer display so that text is shown in large print)
- Screen magnification software
- Locator dots and/or large print keyboard labels for keyboard navigation
- External computer screen magnifier
- Flicker-free monitor
- Anti-glare guard and computer glasses to reduce glare
- Frequent breaks to rest eyes when fatigue is a factor

From the Job Accommodation Network site, [www.jan.wvu.edu](http://www.jan.wvu.edu)

# Did you know?

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February 22nd—28th is **National Eating Disorders Awareness Week**. According to the National Eating Disorders Association, [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org), “as many as 10 million females and 1 million males are fighting a life and death battle with an eating disorder such as anorexia or bulimia.” Descriptions of the most common eating disorders can be found on the above website, including:

**Anorexia Nervosa**, a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

**Binge Eating Disorder**, a type of eating disorder not otherwise specified and is characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating.

**Bulimia Nervosa**, a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.

“The most effective and long-lasting treatment for an eating disorder is some form of psychotherapy or counseling, coupled with careful attention to medical and nutritional needs”, according to the website.

If you or someone you know is struggling with an eating disorder, seek out a health professional, school nurse, counselor, or other adult. With proper treatment, a healthy body image and healthy eating habits can be achieved.



# What is “Low Vision”?

## What is low vision?

Low vision means that even with regular glasses, contact lenses, medicine, or surgery, people find everyday tasks difficult to do. Reading the mail, shopping, cooking, seeing the TV, and writing can seem challenging. Millions of Americans lose some of their vision every year. Irreversible vision loss is most common among people over age 65.

## Is losing vision just part of getting older?

No. Some normal changes in our eyes and vision occur as we get older. However, these changes usually don't lead to low vision. Most people develop low vision because of eye diseases and health conditions like macular degeneration, cataract, glaucoma, and diabetes. A few people develop vision loss after eye injuries or from birth defects. While vision that's lost usually cannot be restored, many people can make the most of the vision they have.

Your eye care professional can tell the difference between normal changes in the aging eye and those caused by eye diseases.

## How do I know if I have low vision?

There are many signs that can signal vision loss. For example, even with your regular glasses, do you have difficulty:

- Recognizing faces of friends and relatives?
- Doing things that require you to see well up close, like reading, cooking, sewing, or fixing things around the house?
- Picking out and matching the color of your clothes?
- Doing things at work or home because lights seem dimmer than they used to?
- Reading street and bus signs or the names of stores?

Vision changes like these could be early warning signs of eye disease. Usually, the earlier your problem is diagnosed, the better the chance of successful treatment and keeping your remaining vision.

## How do I know when to get an eye exam?

Regular dilated eye exams should be part of your routine health care. However, if you believe your vision has recently changed, you should see your eye care professional as soon as possible.

from [www.lowvision.com](http://www.lowvision.com)

## Southern Tier VESID Staff Corner...

**Karen Robinson, Calculations Clerk II** in the Binghamton VESID office, retired in January after 30 years of service. We'll miss her greatly and we wish her all the best!

**Dinah Smith, Vocational Rehabilitation Counselor** in the Elmira VESID office, left to move back to her native South Carolina. We'll think of her often as she enjoys a sunnier climate!

Check out our website at [www.vesid.nysed.gov/southerntier](http://www.vesid.nysed.gov/southerntier)