

# ORIENTATION & MOBILITY TRAINING

## LEADER DOGS FOR THE BLIND

Since 2002, Leader Dog has offered free Orientation & Mobility Training to adults wishing to quickly improve their travel skills. Whether you are preparing to obtain a Leader Dog, or plan on always using a cane, our training will help increase your ability to confidently travel in new environments.

The Orientation & Mobility Training has several components that are tailored to each individual's needs and goals. This allows both new cane travelers and seasoned cane or guide dog users to dramatically improve their O&M skills during the seven-day course. **The training covers many areas of O&M including:**

- using a white cane
- utilizing human guide
- using your orientation skills and cardinal directions (north, south, east, west) to know where you are, where you want to go, and how to get there
- solving problems along your route (barriers, crowds, etc.)
- crossing both narrow and wide streets safely
- re-orienting yourself, or "what to do when you get lost"
- shopping, soliciting assistance when needed, and more



You will train in a wide variety of environments that you normally experience in daily life such as residential, semi-business, business, city and country settings. 80% of training takes place outdoors and 20% is completed indoors learning how to maneuver elevators, escalators and moving sidewalks.

O&M Training is a residential program, so you will stay at our beautiful campus in Rochester Hills, Michigan and train in the surrounding area. Our facility includes a dining room, large screen television room, music room, library with accessible books and movies, outdoor pavilion and 24/7 Leader Dog staff. Your private room is complete with a bathroom, television, telephone, internet access and mini refrigerator.

To be eligible for our Orientation & Mobility Training, you must be

at least 16 years old, legally blind, North American and able to perform 30 minutes of walking four times per day.

All Leader Dog programs are offered free of charge to the client. Leader Dog pays for all costs associated with the training including travel via public transportation to and from Leader Dog, housing, meals and related training.

*Leader Dog's philosophy is that O&M is a lifelong learning process and we stand behind the old saying, "Use it or lose it." We make sure that you leave with new experiences and ideas that allow you to continue improving your skills on your own or with the assistance of your local O&M specialist.*



For more information on Leader Dog's **free Orientation & Mobility Training** or to start the application process, visit our website at **LeaderDog.org** or call our client services department at 888.777.5332.

