

International Low Vision Support Group

# NEWSLETTER

Volume 16, Issue 12 - December 2021

[www.mdsupport.org](http://www.mdsupport.org)

---

## This Month

---

Our final presentation of 2021 is “Crime Prevention and Personal Safety for the Blind and Visually Impaired”. Recorded at the Visions 2012 conference, Bobbi Moore provides tips for the visually impaired to increase confidence and the ability to handle themselves in a dangerous situation.

We hope this does not increase paranoia among our ILVSG community, but we do hope that Bobbi’s suggestions will help us to avoid the higher risks we face as individuals with visually impairment. According to the U.S Department of Justice:

From 2017 to 2019—

- Persons with disabilities were victims of 26% of all nonfatal violent crime, while accounting for about 12% of the population.
- The rate of violent victimization against persons with disabilities (46.2 per 1,000 age 12 or older) was almost four times the rate for persons without disabilities (12.3 per 1,000).
- One in three robbery victims (33%) had at least one disability.
- Persons with cognitive disabilities had the highest rate of violent victimization (83.3 per 1,000) among the disability types measured.
- Nineteen percent of rapes or sexual assaults against persons with disabilities were reported to police, compared to 36% of those against persons without disabilities.

*Please have a careful and safe Holiday Season!*

---

## News & Information

---

### Tips for Staying Safe As An Individual with Vision Loss

*Published by The Chicago Lighthouse at  
<https://chicagolighthouse.org/sandys-view/self-defense/>*

- **Become familiar with your surroundings.** If you're going to a new location, research it ahead of time so you have an idea of where you are. Always confirm addresses and learn about important nearby landmarks and businesses. Make note of emergency exits, elevators and stairwells, particularly if you're traveling on your own. Know your transportation options (i.e. bus stops, availability of cabs, etc.) so you will have the most convenient and safest way to return home.
- **Let close family and friends know where you're going and what time you expect to return.** This is especially important when going to new or unfamiliar places. If using Uber or other ride-sharing apps, these have an option to share your location with others. That way, they can track where you are and the approximate time you'll arrive at your home or other location.
- **If you use a mobile phone, GPS or other assistive device, make sure it is fully charged before you go out.**
- **Always be alert to your surroundings.** Walk confidently and pay close attention to suspicious sounds or people nearby. When waiting for a bus, train or cab, stay near a well-lit area. If possible, wait in a bus shelter, bench or building.
- **If you are taking a cab, Uber or Lyft and are with a sighted person, ask them to keep an eye out for your ride.** This is especially helpful in unfamiliar places. When you've spotted the car, always identify yourself and the driver so you know you're getting in the right vehicle. Another thing I've found helpful is to use my GPS to periodically track where I am during the ride and to make sure I'm heading in the right direction.

- **Be as specific as possible when asking for help or giving directions. Let the person know where you want to go and any other helpful information like landmarks, street intersections, etc. If in a vehicle, give the driver as many directions as you can to your location.**
- **When taking a cab or other ride home, make sure you have your door keys handy as soon as you get out of the car. Ask the driver to wait until you've safely made it inside.**
- **If you're at home and can't see who is at the door, always make sure to ask before opening. Even if I'm expecting family or friends over, I ask them to call me when they're at the door.**
- **Take a self defense course. Judo or other classes can be of great help to those with and without vision loss. The 1 Touch Project is a course specifically designed to teach different physical techniques for self defense to people with vision loss. Find it online at [1touchproject.com](http://1touchproject.com).**

---

— Next Month —

**“Twenty Things Eye Doctors Probably Don't Tell You  
(But Would Like You To Know)”**

**Sometimes doctors are better off just not saying anything, but here is what they could very well be thinking. A revealing and often humorous peek into the minds of those who care for us.**

