

Build Your Future with Blind, Inc. Training



What kind of life do you want?

How about being an author of books for young adults, with a \$15,000 advance on your first book from a major national publisher?

Perhaps an artist with your work on display in the Kennedy Center in Washington D.C. and a job at the Metropolitan Museum of Art in New York City?

Maybe a financial planner who manages overseas investments in multiple countries?

Or a personal trainer/yoga instructor, a middle school teacher, a massage therapist, or a cook in a fast food restaurant?

These are real jobs our graduates hold.



Your future is wide open

If you have been told that you'll always depend on sighted people or that you can't work because you're blind, you've been misinformed! The future won't just open itself up to you—you have to open it yourself, and to open something you need a key. The most effective key to a bright future is excellence in training, the kind of training you get at BLIND, Inc.

Blind Inc. was founded in 1986 by blind Minnesotans

They believed that given the proper training and opportunity, blind people can lead normal, independent, and fulfilled lives. Most of our staff are blind and serve as positive role models to the students. Our sighted staff members receive intensive training in alternative (non-visual) techniques of blindness such as Braille and cane travel, and serve as bridge people to the larger community.

What will you learn at BLIND, Inc.?

First of all, as a blind person, you're every bit as good as everyone else. You just need to learn some new ways of doing things without eyesight. You'll rebuild your self-confidence and self-esteem. We help the process along with discussion seminars, held four afternoons a week, in which we discuss blindness and help you shape positive attitudes toward it and toward yourself.

There are new ways of doing things without eyesight. Nonvisual (alternative) techniques have been developed over the years by blind people and passed down to the next generation. Some of these techniques are practical in nature, some are technological, and some are both. As we learn more, our arsenal of techniques keeps expanding, enabling us to be contributing members of society.

In cane travel you will learn to use a long, white cane to walk straight, maneuver around obstacles in your path, and detect obstacles and door openings with the noise emitted by the metal tip. You'll learn



how to interpret traffic sounds to cross streets safely, interpret cardinal and ordinal directions, and use buses and light rail to travel almost anywhere.

Braille is reading by touch, using shapes formed by a six dot matrix. We have the fastest method in existence of teaching Braille to adults, the “Code Master” system. In other training centers, it may take up to six months to learn Braille. Here, it’s six weeks to two months. You can then work on building your reading speed using customized materials of your choice.

You’ll learn safe and effective cooking techniques

In Home and Personal Management you will learn to cook whatever you like to eat. No more microwave burritos! You’ll also work on the practical stuff: mending clothes, shopping, budgeting, clothing care, and dressing for success.

Braille is part of a larger Communications class

We integrate Braille with technology. Training includes P.C.’s, Apple computers, iPads, smart phones, and other devices, all of which are accessible to the blind via speech output software and refreshable Braille displays. You’ll learn programs to help you succeed in college and on the job, as well as manage your personal life independently.

Do you intend to own your own home?

In Industrial Arts and Home Repair you’ll learn how to keep it in good

shape. In addition, the class will help prepare you for entry into career fields such as carpentry, plumbing, and electrical work, which are crying for workers as many in the field retire. In Industrial Arts, you'll learn how to use hand and power tools safely.

Pursue your career dreams

In Careers Class we'll help you find a good job that will enable you to make a good living and support your family. We'll help you explore higher education and vocational training options, apply and get your financial aid in place. We'll teach you strategies to use when interviewing, and ways to convince employers that, blind or not, you're their best choice! And if you're looking for work, we'll get you started down the job search path and support you along the way.

Our teaching method

We use the method called Structured Discovery Learning. The National Federation of the Blind, of which we are a part, developed the idea that blind people need to learn like everyone else—not by rote memorization like many of our competitors, but by modern learning theory, in which the individual makes decisions and puts them to the test in a safe and supportive environment.

You can stay in our student apartments

While in training, you can stay just a short distance away from the University of Minnesota and downtown. It's an area close to the Mississippi River, with beautiful walking trails. More to the point, living in our student apartments will help you develop effective independent living skills, or hone the ones you already have.

Once every two weeks we have apartment instruction, where we'll teach you effective home care methods. And in-between, our Residential Coordinator, who is on duty 24-7, will work with you on specific learning needs, and can assist with grocery shopping and visiting other points of interest.



The Twin Cities is known for its cultural experiences

From snowy winters and lush mild springs to balmy summers and colorful autumns, people who live here thrive on the out-of-doors. Minnesota's nickname is the "Land of 10,000 Lakes," and Minneapolis is known as the "City of Lakes."

A diverse metropolitan area of more than three million residents, the Twin Cities of Minneapolis and St. Paul features a wide range of cultural experiences, including the theatre, music and sports. And of course, the Twin Cities is home to the world-famous Mall of America.

How do you qualify for our training?

If loss of eyesight is keeping you from working, attending college, or living independently, you're ready to attend BLIND, Inc. If you have some remaining eyesight it shouldn't cause you to put off training. In fact, only 10% of blind people are totally blind—the rest see something. Age isn't a factor either. We have programs that serve almost any age group.

Our Programs

The Buddy Program, a three week summer training/camp program for kids ages 9-13, integrating blindness skills training with confidence-building, fun activities.

The PREP program, a two month summer program for teenagers, helps them build blindness skills and prepares them for college and eventual employment.

The Comprehensive Orientation-to-Blindness Program, a six to nine month intensive program, provides students with the skills, self-confidence, and self-esteem they need to go on to higher education and employment.

Component and Itinerant Programs provide short term training in specific skills to individuals in our training center and in their home communities.

The College Program enables college students to divide up Comprehensive Program training over two or more summer breaks.

Senior Programming teaches seniors the skills and confidence to get their independence back.

The ELL (English Language Learner) Program teaches English and Braille literacy skills to immigrants and refugees, and then gradually integrates them into our Comprehensive Program.

In addition, we offer blindness immersion training to professionals in the field of work with the blind.

How do you pay for our training?

All services are provided on a fee-for-service basis by funding from your state vocational rehabilitation agency, local special education agency, or other funding sources. Under the Informed Choice Provisions of the Federal Rehabilitation Act you can select BLIND, Inc. as your preferred training center.



**BLIND, Inc. is located in the historic Charles S. Pillsbury mansion
100 East 22nd St, Minneapolis, Minnesota 55404**



Learn more about us:

Go to our home page at www.blindinc.org

Follow us on Facebook and Twitter

Call us at (612) 872-0100 or toll-free (800) 597-9558

E-mail us at info@blindinc.org