

Contents

Acknowledgments ix

Introduction xi

UNIT 1 Guidelines for Instruction 1

CHAPTER 1 The Teaching of Orientation and Mobility 3

CHAPTER 2 Assessment: O&M Skills and Concepts 36

UNIT 2 Essential Indoor O&M Skills 81

CHAPTER 3 Basic Techniques for Guiding a Person with a Visual Impairment 83

CHAPTER 4 Self-Protection Techniques: Moving through the Environment Independently 110

CHAPTER 5 Basic Long Cane and Self-Familiarization Skills 133

CHAPTER 6 Advanced Indoor Orientation and Mobility Skills 167

UNIT 3 Outdoor Skills and Refinements 205

CHAPTER 7 Basic Outdoor Orientation and Mobility Skills 207

CHAPTER 8 Intermediate Outdoor Orientation and Mobility Skills 232

CHAPTER 9 Advanced Outdoor Orientation and Mobility Skills 265

UNIT 4 Additional Considerations for the Specialist 287

CHAPTER 10 Special Situations and Conditions and Mobility Devices 289

CHAPTER 11 Creative Approaches to Teaching Orientation and Mobility 319

CHAPTER 12 Professional Issues 336

<i>References</i>	347
<i>Appendix A: Resources</i>	352
<i>Appendix B: Additional Readings</i>	365
<i>Index</i>	377
<i>How I Came to This Profession and What It Has Meant to Me</i>	387
<i>About the Author</i>	389