

Visual Impairment: Simulation

Est. Time: 1.5 Hours

Objective

Gain a better understanding of the challenges that students with a visual impairment might experience.

Overview

Visual impairment refers to any level of vision loss that has an impact on the individual's ability to complete daily tasks. Used loosely, the term often encompasses both blindness and low vision. Many daily living skills, such as getting dressed, personal hygiene, and getting around, can be impacted by the challenges that come with a visual impairment. Teachers can better understand and address these challenges if they have experienced them firsthand or have close contact with those who have.

Activity

In this activity, you will experience some of the same challenges that a student with a visual impairment experiences. Team up with a partner and take turns being blindfolded (each for thirty minutes) as you navigate around your school campus. Be sure to do the following:

- Cross a street
- Climb a flight of stairs
- Purchase a snack at the snack bar
- Use the restroom

Be prepared to discuss in class some of the things you experienced.

Discussion Topics

1. What challenges did you experience?
2. Which activity did you find to be the most challenging? Why?
3. Did you notice any differences in your ability to navigate in different settings? Explain.
4. What accommodations or supports would have been beneficial?