

Are You Ready for the Adventure
That is

LIFE 2016!

(Learning Independence, Feeling Empowered)

What is LIFE?

- 5 week residential training program for high school-aged blind and vision impaired youth
- Provides basic training in the skills of blindness
- Helps students become responsible for their lives
- Provides students with opportunities to explore employment and college goals
- Provides an opportunity to gain real world work experience or additional skills of blindness training
- Affords opportunities to participate in physical fitness and confidence building activities
- Helps students develop positive attitudes about blindness
- Have LOTS of fun!

Dates to remember for LIFE

- Application Deadline: June 6, 2016, or until program is full
- Program Begins: 1:00 p.m., July 10, 2016
- Program Ends: 12:00 p.m., August 12, 2016
- Student/parent meeting with staff: 8:15 - 10:00 a.m., August 12, 2016
- Student and parent wrap-up meetings: 10:00 a.m. – 11:00 a.m., August 12, 2016
- Graduation Ceremony: 11:00 a.m., August 12, 2016

Daily LIFE:

Classes

- Travel
- Braille
- Cooking
- Keyboarding
- Physical Fitness
- Access Technology
- College 101
- Job Readiness
- Work Experience
- Conversations about Blindness

Confidence Building Activities

- High Adventure course
- Formal Dinner/Dance
- Rock Climbing
- You “Auto” Know
- Movies
- Grilling
- Hiking
- Richmond Flying Squirrels Baseball Game
- Whitewater Rafting
- Swimming
- And much more!

Work Experience

- Students work part-time in a community-based setting during the last two weeks of LIFE.

** In some instances staff will recommend that a student continue to focus on blindness skills (Travel, Braille, Access Technology, and Cooking) during the last two weeks of the program.

Requirements for LIFE:

- Be at least 14 years old and
- Be returning to a high school academic program in the fall of 2016
- Be blind or vision impaired
- Ability to actively participate in all five weeks of the program
- Ability to participate in a program that is group structured
- Ability to take care of personal care needs
- Have a valid State of Virginia ID card

What is the application process for LIFE?

- Contact Amy Phelps, (804) 371-3052 or amy.phelps@dbvi.virginia.gov, who will assist you with information regarding the application process and connecting with a Vocational Rehabilitation (VR) Counselor if the applicant does not already have one.
- Applicant and parents or applicant's Vocational Rehabilitation (VR) Counselor will submit a complete application packet, which will include an application form, agency health checklist/general medical form and up-to-date (within one year) eye report, to VRCBVI by June 6, 2016, or until the program is full. Student and parent(s) participate in a phone interview with VRCBVI staff.
- After the **completed** application packet has been reviewed, the VR Counselor and parents are notified within one week whether the applicant is accepted. Hurry! Only twenty-two participants will be accepted into the program.

For additional information about the LIFE Program or to schedule a tour of VRCBVI, contact:

Virginia Rehabilitation Center for the Blind and Vision Impaired
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