

Orientation Skills & Techniques

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Orientation

- Knowing one's position in relation to other objects, people, and places in one's surroundings.
- Keeping track of how those positions and relationships change as one moves through the environment.
 - Where am I?
 - Where am I going?
 - How am I going to get there?



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Do We Need Vision?



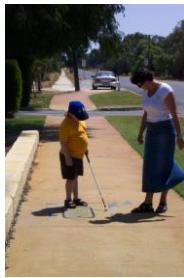
- <http://www.communitycenterfortheblind.org/Programs/Adults>

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Orientation Skills

- Ability to identify and use **sensory** and **environmental** landmarks, cues, and orientation points.



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Orientation Skills

- **Cognitive processes:**
 - **Concept development:**
 - Understanding the body and its position in space
 - Directionality
 - Distance
 - Spatial concepts
 - Physical environment

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Orientation Skills



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Orientation Terminology

- Landmarks

- Constant, permanent and unique features of the environment.
- Primary and secondary landmarks.

- Information points (clues & cues)

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Orientation Skills

- Numbering systems



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Orientation Skills

- Measurement/time



<https://www.medicalnewstoday.com/articles/320296.php>

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Orientation Strategies

- Soliciting aid



http://www.cvrga.org/sightseeing/giving_directions/

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Other Orientation Considerations

- Problem solving when lost.
- Using Assistive Technology (GPS etc.).
- Determining whether rote travel is required.

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References and Further Reading

- Bozeman, L. & McCully, R.M. (2010). Improving orientation for students with vision loss. In W. R. Wiener, R. L. Welsh, & B. Blasch (Eds.), *Foundations of orientation and mobility* (3rd ed., Vol. II, pp. 27-53). New York: American Foundation for the Blind.
- Fazzi, D. (2014). Orientation and mobility. In C. Allman & S. Lewis. (Eds.). *ECC Essentials. Teaching the expanded core curriculum to students with visual impairments*. (Chapter 7, 'Orientation skills' pp.) New York: AFB Press.
- Mettler, R. (1995). *Cognitive learning theory and cane travel instruction: A new paradigm*. Lincoln, Nebraska: Department of Public Institutions, Division of Rehabilitation Services for the Visually Impaired.
