Kent Association for the Blind

Rehabilitation services

We provide emotional and practical support for people with a sight impairment through our rehabilitation service.

This support includes some or all of the following services, depending on your individual needs:

- Information about your eye conditions.
- Advice on living with a sight impairment, including tips and training for practical tasks such as cooking and shopping.
- A specialist assessment (carried out on behalf of the local authority) to identify what you need.
- Help with reading and communication equipment.
- Mobility training to increase your safety and independence indoors and outdoors.
- Demonstration of equipment.
- Information about the benefits that may be available to help you meet the extra costs of mobility or care.
- If appropriate, support with the process of registration as Sight Impaired or Severely Sight Impaired, which can trigger entitlement to benefits and concessions.

Additional support:

- One-to-one support, providing regular practical support for people who have a sight impairment or dual sensory impairment. This includes managing finances, shopping, using public transport and taking part in social activities.
- One-to-one assessment and advice on using assistive technologies to aid independence; including computers, tablets and mobile phones. Our team can also provide training in using email, social media and demonstrate software that can magnify or read out text.
- Our Counsellors can help people deal with the emotional aspects of their condition.
- Volunteer Befrienders who can chat on the phone or meet up with a person regularly.
- Support for children, ensuring their changing needs are met both at home, in the community and during education.
- Social groups to try new activities or meet new friends.

Our training courses help professionals and individuals to understand more about sensory impairments.

Get in touch

Kent Association for the Blind has specialist teams that provide a range of services to help sight impaired people across Kent, Medway, Bromley and surrounding areas.

To find out more, or if you need help or advice, please contact your local team:

- **West Kent area:**
  - 01622 358995
  - rehab.maidstone@kab.org.uk
  - kabgravesendmaidstone@kent.gov.uk
- **East Kent area:**
  - 01227 763366
  - rehab.canterbury@kab.org.uk
  - kabdovercanterbury@kent.gov.uk
- **Medway area:**
  - 01634 332929
  - rehab.medway@kab.org.uk
  - kab@medway.gov.uk
- **Bromley area:**
  - 020 8464 8406
  - rehab.bromley@kab.org.uk