

RO&Ming with Lil Episode 15

Bears, snow and earthquakes - Alana



lil@deverell.net

Introduction to Episode 15

- Welcome to Alana Bogart, O&M specialist
- Trained in Canada at Mohawk College
- Worked with CNIB in British Columbia for 5 years
- Has been working at Blind Low Vision New Zealand for 14 years
 - Earthquakes motivate independent travel and long cane training

- Loves working with children

In British Columbia

- Worked with veterans
- Worked with first nations
 - Culturally sensitive practice
 - Tribes, clans
 - Dress down: corporate wear can be intimidating
 - Use accessible language: stick not cane
- Look out for bears!

Working in snow

- Rug up with layers of clothes and waterproofs
- Choose boots with tyre tread
- Choose hunter's mittens – can free trigger finger to feel vibrations through long cane
- Step, don't slide feet
- Learn to fall safely – roll sideways
- Choose cane/tip to contrast with snow
- Listen, to walk parallel with traffic
- Sounds change in the snow – muffled and shushing
- Landmarks disappear in the snow

A useful journal

- *Developmental Journal for babies and young children with visual impairment (DJVI)*
- <https://councilfordisabledchildren.org.uk/help-resources/resources/updated-developmental-journal-babies-and-young-children-visual-impairment>
- https://xip.uclb.com/i/healthcare_tools/DJVI_professional.html

Conferences earning COMS points

- OMAA Online Symposium

- 22 September 2020

- Register at:

- <https://shortcourses.ridbc.org.au/events/omaa-online-symposium-2020/>

Orientation + Mobility
Association of Australasia



- SPEVI Conference – Celebrating Change!

- 18-19 January 2021

- Abstracts due 31 August

- <https://www.speviconference.org.au/>



SPEVI
South Pacific Educators
in Vision Impairment

Contacts / Resources

- Links and PowerPoint slides for *RO&Ming with Lil*

www.lildeverell.net/resources/roaming-with-lil/

- To discuss VROOM and OMO, offer feedback, suggest a topic, or record an episode together:

Email: lil@deverell.net

Mobile: +61 418 370 312

Credits

- Music
 - *Happy Stroll*, a royalty-free download from Purple Planet Music
- Graphics created by Lil Deverell with
 - PhotoShop lessons and technotherapy from Erin Deverell
 - Photos from
 - An amateur drone photographer from Cornwall, flying over a spaghetti junction in Birmingham (royalty-free)
 - Christine Darwood, a wildlife spotter in the ACT who snapped our sprightly echidna crossing the road (used with permission)
 - Rob Keating, a Canberra-based photographer, who found a weathered wombat crossing the road (purchased from <https://keatingmedia.com.au>)

