



Loss of vision or blindness doesn't have to mean loss of independence.

As people age they are more vulnerable to vision loss. According to the National Federation of the Blind, an estimated one in six people ages 65 or older and one in three people age 85 and older will experience some degree of vision loss. Senior Community Independent Living Services (SCILS) is a program sponsored by the New Jersey Commission for the Blind and Visually Impaired that provides free services to visually impaired seniors through **Visiting Homemaker Service (VHS) of Hudson County**. Through SCILS, VHS will help seniors adjust to their condition, enhance the quality of their life and achieve personal independence.



Visiting Homemaker Service
Trusted. Caring. Experienced.

Why SCILS?

As people age they are more vulnerable to vision loss. Seniors are susceptible to four common eye conditions:

- Macular Degeneration, a disease affecting central vision and ability to see straight ahead and clearly.
- Glaucoma, optic nerve damage which can cause blindness
- Cataracts, a clouding of the eye's lens leading to loss of eyesight if left unattended.
- Diabetic Retinopathy, a common complication of diabetes and cause of distorted vision

SCILS can provide:

- In-home independent living assessments
- Skills training to empower individuals to become more independent in everyday activities such as shopping, cooking, reading and household chores, home management mobility and communications
- Low vision aids including magnifiers, large print items, and adaptive equipment
- Emotional support and counseling through volunteer programs and peer support groups
- Assistance in coordinating other social services and entitlements

How can I tell if my loved one needs SCILS?

Signs that a loved one's vision is deteriorating may include:

- Difficulty seeing well enough to perform daily living tasks
- Inability to recognize the faces of friends or family
- Trouble reading items such as prescription bottles or street signs
- Visual impairment of 20/70 vision or less with corrective lens

For 50 years Visiting Homemaker Service has been a trusted home care provider of homemaker, personal care, companion, housekeeping, and nursing services. The VHS staff of registered nurses, social workers, certified home health aides and supervised home care aides have an average of 10 years experience.

Call today and get started! (201) 656-9012



Visiting Homemaker Service

Trusted. Caring. Experienced.

586 Newark Avenue Jersey City, NJ 07306 • Phone: **(201) 656-6001** or (201) 656-9012



Like us on facebook



Folllow us on Twitter