About Diana

• Level 1 Equine Facilitated Learning (The HERD Institute®) & Horse Powered Reading®
• Executive Assistant at The HERD Institute®
• Founder of Horses Offering People Education (H.O.P.E. in MA, LLC)
• Owner of 2 OTTBs - Coffee (5) & London (18)

About Diana

• Born with congenital cataracts
• Cataracts removed at 6 weeks old, led to development of Glaucoma
• Retinal detachment in right eye at 5 years old
• Current vision: 20/60 (left eye), 20/70 (right eye)
Normal Eye Function

What is ‘Visual Impairment’?
- Used to describe any amount of vision loss
  - Low Vision
  - Legally Blind
  - Totally Blind
- Visual acuity between 20/70 and 20/400

Low Vision
- Impaired vision (20/70 - 20/200) that cannot be corrected by glasses, surgery, or medication
- Hyperopia aka “Farsightedness”
- Myopia aka “Nearsightedness”
- Common causes:
  - Glaucoma
  - Cataracts
  - Macular Degeneration
  - Diabetes
  - Multiple Sclerosis
Legally Blind vs. Totally Blind

- Legally Blind:
  - Visual field = 20/200 or less in "better" eye with correction (glasses, contacts)

- Totally Blind:
  - Complete loss of vision
  - Less than 2% of people with visual impairments experience total blindness

C.L.E.A.R.

C - Consider
- What is the participant's visual field?
- What additional support do they need from staff, volunteers?
- Is a "floater" volunteer necessary to act as a visual marker?

"Not all visually impaired participants are the same!"
• Be SPECIFIC!
• Use visual markers rather than "over there" when giving directions
• Right & Left directional cues
• Ask for directions to be repeated back to ensure participant understands

L - Language

E - Environment

• Inside vs. Outside

• Light sensitivity
  » Sunglasses
  » Shade

• Facility accommodations
  » Mounting ramp
A - Adapt

- Tack
  - Freedom Rider Tack Shop

- Arena
  - Ground poles with matching standards
  - Dressage markers

- Equipment
  - Teaching Aids for EAS
  - Rainbow Wooden Dice
  - Over-Fence Buckets
  - Sensory Trail Cards

www.freedomrider.com
R - Relate

- How does this relate to our equine partners with visual impairments?
  - Uveitis
  - Cataract
  - Corneal Ulcer


Questions?