

## Virtual Orientation and Mobility (O&M) Reflection and Resources

**Reflection:** Virtual O&M experiences shared by Angie, a parent representative on the BVI Advisory Committee regarding her daughter Ruby.



O&M was definitely challenging during virtual instruction. Ruby had just started transitioning from a pre-cane to her white cane a month prior to lockdown, so I was not yet working with her on it at home. The first week, Ruby's O&M sent a few videos from [Parent Mobility](#) so I could learn some of the basic cane techniques that Ruby was working on. She then sent us an email every Wednesday with goals/instruction for the week. Throughout distance learning, I sent her videos of Ruby traveling so she could share personalized feedback with us.

We weren't going out into the community much in early spring, so we were doing the majority of Ruby's cane travel in our yard/driveway/neighborhood. One thing that worked really well was to create functional routes outside our home that Ruby could learn to travel independently. For example, Ruby learned how to get the mail (she had LOTS of Braille sent to her during distance learning!) and walk over to our neighbor's yard. We also worked on identifying the parts of her cane and opening it and folding it back up. Ruby's TBVI has also been working on Braille instruction that incorporates her cane. For example, last week during virtual learning, Ruby followed a braille recipe for "White Cane Treats" made from pretzel rods, almond bark and mini marshmallows - so cute!

### Virtual O&M Resources

- California School for the Blind: [A Different Way of Teaching](#)
- California School for the Blind [Virtual Resources for Parents](#)
- Chris Tabb: [Remote and Virtual O&M Services](#)
- FSDB: [Florida School for the Deaf/Blind Resources in ECC](#)
- Interesting [O&M blog](#) for lesson plan ideas
- Lesson plans (some free) and other resources for virtual O&M from [Allied Independence](#)

- Michigan Low Incidence Outreach: [Conducting Essential Assessments During COVID-19 \[PDF\]](#) resource provides information on conducting essential assessments for students who are Blind/Visually Impaired during the COVID-19 pandemic, including O&M assessments
- MDE [O&M Risk Assessment Guidance](#)
- [O&M Books for Younger Students During Distance Instruction](#)
- Paths to Technology: [Virtual O&M Instruction](#)
- Paths to Technology: [What Worked, Remote O&M Instruction Ideas](#)
- [Remote O&M Ideas](#) (Collaborative Google Doc)
- SWOMA Session 2020: [Virtual O&M Home Visits](#)
- Summer 2020 AERBVI Newsletter: [Steps to Virtual Lessons](#)
- Texas School for the Blind and Visually Impaired (TSBVI) [Non-Visual Digital Maps for Remote O&M Instruction - Session ID: 39975 \(tsbvi.edu\)](#) and [The Five Rs: Navigating Virtual and Hybrid Special Education \(tsbvi.edu\)](#)
- YouTube Webinar [Navigating O&M During COVID-19](#) brainstorming session
- [Virtual ExCEL Learning Academy](#) for Students with Visual Impairments: