

**Orientation:** knowing where your body is in space especially in relation to other objects.

**Mobility:** the physical act of moving from one place to another.

### O&M for Preschoolers

- ◆ Interpret sensory input
- ◆ Improve gross & fine motor skills
- ◆ Learn basic and environmental concepts
- ◆ Develop mobility and cane techniques
- ◆ Use basic travel clues and landmarks



Learning concepts, skills, and techniques necessary to orient to surroundings and plan how to safely and independently move in the environment.



### O & M Orientation and Mobility



**Questions? Ask Elise Darrow-teacher of students with visual impairments and certified orientation and mobility instructor**

### **Orientation and Mobility Instructor will:**

- ◇ Help students comprehend and utilize spatial concepts (above the sink, beside the teacher, between the chairs etc...)
- ◇ Expand students' knowledge of environmental concepts (cars, buses, sidewalks, streets, fences, curbs, hallways, stairs, rooms etc...)
- ◇ Model specific mobility techniques (sighted guide, negotiate stairs, finding and sitting in a seat, room familiarization, hand trailing a wall etc...)