



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Orientation And Mobility For Visual Impairment Training

Education, Training and Development / Adult Learning

Unit Standard 117088 · NQF Level 5 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to facilitate safe and independent mobility for individuals with visual impairments. It covers orientation techniques, mobility aids, environmental awareness, and risk management to enhance quality of life. The training aligns with SAQA unit standard 117088, ensuring competency in orientation and mobility practices.

Category	Education, Training and Development
Subfield	Adult Learning
Unit Standard	117088
Accreditation	SAQA Accredited · NQF Level 5 · 10 Credits
Duration	7 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply orientation and mobility techniques to navigate indoor and outdoor environments safely.
- Demonstrate the use of mobility aids such as canes, guide dogs, and electronic travel aids.
- Analyze environmental factors and assess risks to plan safe travel routes.
- Implement strategies for developing spatial awareness and mental mapping.
- Evaluate the effectiveness of mobility training interventions for different visual impairment levels.
- Design personalized orientation and mobility plans based on individual needs and contexts.

WHO SHOULD ATTEND

- This course is designed for caregivers, teachers, rehabilitation workers, and community health workers who support individuals with visual impairments.
- It is also suitable for individuals with visual impairments seeking to improve their own mobility skills.

COURSE OUTLINE

Day 1: Introduction to Orientation and Mobility

- Definition and history of O&M;
- Legislation and SAQA standards (Unit Standard 117088)
- The visual system and common eye conditions
- Psychosocial aspects of visual impairment
- Introduction to mobility aids (long cane, guide dog, electronic devices)
- Assessment principles for O&M;

Day 2: Sensory Development and Spatial Awareness

- Sensory compensation and adaptation
- Auditory training (sound localization, echolocation basics)
- Tactile discrimination and haptic perception
- Proprioception and kinesthetic awareness
- Spatial concepts (left/right, front/back, cardinal directions)
- Mental mapping and route planning

Day 3: Long Cane Techniques and Safety

- Cane components and selection
- Grip and stance fundamentals
- Diagonal cane technique (constant contact)
- Two-point touch technique
- Shoreline and trailing techniques
- Stair negotiation and doorways
- Indoor route travel and obstacle detection

Day 4: Orientation Skills and Environmental Analysis

- Landmarks, clues, and reference points
- Compass orientation and directionality
- Clock-face orientation for indoor spaces
- Grid patterns and systematic search
- Environmental analysis (lighting, textures, sounds)
- Street crossings and traffic awareness
- Use of tactile maps and models

Day 5: Advanced Mobility Techniques and Technology

- Three-point touch and touch-and-slide techniques
- Electronic travel aids (e.g., K-Sonar, Trekker Breeze)
- Smartphone apps for navigation (e.g., Seeing AI, VoiceOver)
- Human guide technique and sighted guide
- Escalator and elevator travel
- Public transport use (buses, trains, taxis)
- Night travel and low-light strategies

Day 6: Orientation and Mobility in Rural and Unfamiliar Environments

- Rural travel challenges (unpaved paths, lack of sidewalks)
- Natural landmarks and non-visual cues

- Route planning with minimal references
- Emergency procedures and self-recovery
- Crossing uncontrolled intersections
- Use of GPS and offline maps
- Case studies and scenario practice

Day 7: Integration, Assessment, and Professional Practice

- Comprehensive O&M; assessment techniques
- Writing O&M; goals and objectives
- Client-centered planning and goal setting
- Documentation and ethical record-keeping
- Interdisciplinary collaboration
- Continuing professional development
- Final practical exam and feedback

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **10 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 29,600.00	R 29,600.00
1	In-House	R 38,500.00	R 38,500.00
1	On-Campus (Pretoria)	R 44,400.00	R 44,400.00

UPCOMING SESSIONS

Start	End	Method	Venue
04 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
05 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
05 Aug 2026	13 Aug 2026	On-Campus	Lagos, Nigeria
06 Aug 2026	14 Aug 2026	On-Campus	Johannesburg, South Africa
07 Aug 2026	17 Aug 2026	On-Campus	Mauritius
10 Aug 2026	18 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	19 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	20 Aug 2026	On-Campus	Abu Dhabi, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 117088) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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