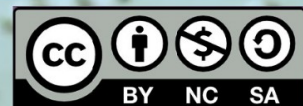


BRAILLE DICTIONARY & HELP GUIDE

Compiled By
Alan Dunbar



Version 1.80

BrailleDictionary.org

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Introduction

The reason that I put together the Braille Dictionary and help guide together was to help organize myself while learning and becoming proficient in Braille. I became legally blind about two years go and I have now had to learn to read with my finger tips.

I hope that putting in some structure and making things more accessible in this format helps people that have become blind. I would like to thank those people that have helped me to learn as much as I have to this point. I am a Veteran and I went to the VA in West Palm Beach, Florida and was helped there by very caring, talented, and patient instructors who encouraged me when I was newly blind and helped me to learn and healed me in many ways. The Braille Dictionary Project is dedicated to them and to the VA Staff in other BRC's.

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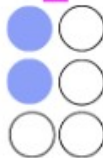
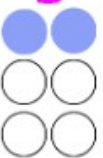
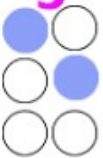
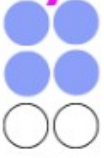
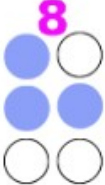
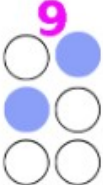
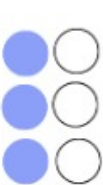
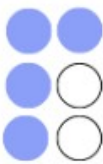
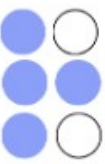
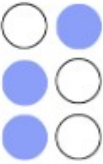
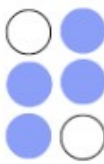
Editor / Author

Alan Dunbar - Veteran, US Army, IRR (Individual Ready Reserve) & Georgia Army National Guard.

Download the latest version at: BrailleDictionary.org – PDF

Printed Copies of this book are available for order at BraillePress.com – Individual and Facility orders are accepted.

Braille Alphabet and Numbers

1  A 1	2  B 12	3  C 14	4  D 145	5  E 15	6  F 124	7  G 1245
8  H 125	9  I 24	0  J 245	 K 13	 L 123	 M 134	 N 1345
 O 135	 P 1234	 Q 12345	 R 1235	 S 234	1 2 3 4 5 6  KEY	
 T 2345	 U 136	 V 1236	 W 2456	 X 1346	 Y 13456	 Z 1356

A 10x20 grid of small circles, arranged in 10 rows and 20 columns. Each row is separated from the next by a thick horizontal blue bar. The circles are small and light gray, with a thin outline. The blue bars are thick and solid.

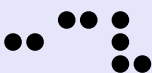
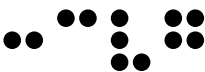
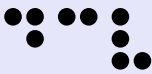
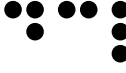


Letter	Word	Braille	Dot Numbers	Type
A	A	⠠	1	Letter Word
	About	⠠⠠⠠⠠⠠	1--12	Short Form (AB)
	Above	⠠⠠⠠⠠⠠⠠	1--12--1236	Short Form (ABV)
	According	⠠⠠⠠⠠⠠	1--14	Short Form (AC)
	Across	⠠⠠⠠⠠⠠⠠	1--14--1235	Short Form (ACR)
	After	⠠⠠⠠⠠	1--124	Short Form (AF)
	Afternoon	⠠⠠⠠⠠⠠⠠	1--124--1345	Short Form (AFN)
	Afterward	⠠⠠⠠⠠⠠⠠	1--124--2456	Short Form (AFW)
	Again	⠠⠠⠠⠠	1--1245	Short Form (AG)
	Against	⠠⠠⠠⠠⠠⠠	1--1245--34	Short Form (AG+ ST)
	Almost	⠠⠠⠠⠠⠠	1--123--134	Short Form (ALM)
	Already	⠠⠠⠠⠠⠠⠠	1--123--1235	Short Form (ALR)

Letter	Word	Braille	Dot Numbers	Type
A	Also	⠠⠠⠠	1--123	Short Form (AL)
	Although	⠠⠠⠠⠠⠠	1--123--1456	Short Form (AL+ TH)
	Altogether	⠠⠠⠠⠠⠠	1--123--2345	Short Form (ALT)
	Always	⠠⠠⠠⠠⠠	1--123--2456	Short Form (ALW)
	<i>ance</i>	⠠⠠⠠	46--15	46-Word
	And	⠠⠠⠠	12346	Contraction
	<i>ar</i>	⠠⠠⠠	345	Short Form (AR)
B	B/But	⠠⠠⠠	12	Letter Word (B)
	Be	⠠⠠⠠	23	Contraction
	Because	⠠⠠⠠⠠⠠	23--14	Short Form (BE +C)
	Before	⠠⠠⠠⠠⠠	23--124	Short Form (BE +F)
	Behind	⠠⠠⠠⠠⠠	23-125	Short Form (BE +H)



Letter	Word	Braille	Dot Numbers	Type
B	Below		23-123	Short Form (BE +L)
	Beneath		23--1345	Short Form (BE +N)
	Beside		23--234	Short Form (BE +S)
	Between		23--2345	Short Form (BE +T)
	Beyond		23--13456	Short Form (BE +Y)
	Blind		12--123	Short Form (BL)
	Braille		12-1235-123	Short Form (BRL)
C	Can		14	Letter Word
	cc		25	Contraction
	ch		16	Contraction
	Character		5-16	Dot 5

Letter	Word	Braille	Dot Numbers	Type
C	Child		16	Contraction
	Children		16-1345	Short Form (CH +N)
	<i>con</i>		25	Contraction
	Conceive		25-14-1236	Short Form (CON +CV)
	Conceiving		25-14-1236-1245	Short Form (CON +CVG)
	Could		14-145	Short Form (CD)
D	Day		5-145	Dot 5
	Deceive		145-14-1236	Short Form (DCV)
	Declare		145-14-123	Short Form (DCL)
	Declaring		145-14-123-1245	Short Form (DCLG)
	<i>dis</i>		256	Contraction
	Do		145	Letter Word (D)



Letter	Word	Braille	Dot Numbers	Type
E	<i>ea</i>	⠠	2	Contraction
	<i>ed</i>	⠠	1246	Contraction
	E ither	⠠	1524	Contraction
	<i>En/Enough</i>	⠠	26	Contraction
	<i>er</i>	⠠	12456	Contraction
	E ver	⠠	5--15	Contraction
	E very	⠠	15	Contraction
F	F ather	⠠	5--124	Dot 5
	<i>ff</i>	⠠	235	Contraction
	F irst	⠠	124--34	Short Form (F+ ST)
	F riend	⠠	145--1235	Short Form (FR)

Letter	Word	Braille	Dot Numbers	Type
F	From		124	Letter Word (F)
	For		123456	Contraction
	<i>ful</i>		56--123	Contraction
G	<i>gg</i>		2356	Contraction
	<i>gh</i>		126	Contraction
	Go		1245	Contraction
	Good		1245--145	Short Form (GD)
	Great		12456	Contraction
H	Had		456-125	Dot 456
	Have		125	Letter Word (H)
	Here		5--125	Dot 5
	Herself		125--12456-124	Short Form (H+ER+S)

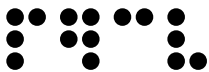
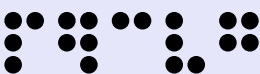
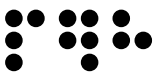
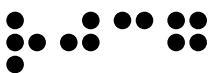


Letter	Word	Braille	Dot Numbers	Type
H	Him		124--34	Short Form (HM)
	Himself		125-134-124	Short Form (HMF)
	His		124	Contraction
I	Immediate		24--134-134	Short Form (IMM)
	In		35	Contraction
	<i>ing</i>		346	Contraction
	It		1346	Letter Word (I)
	Its		1346--234	Short Form (XS)
	Itself		1346--124	Short Form (XF)
J	Just		245	Letter Word (J)
K	Know		5--13	Dot 5
	Knowl <u>e</u> dge		5--125	Dot 5

Letter	Word	Braille	Dot Numbers	Type
L	Letter		123--1235	Short Form (LR)
	Like		123	Letter Word (L)
	Little		123--123	Short Form (LL)
	Lord		5--123	Dot 5
M	Many		456-134	Dot 456
	More		134	Letter Word (M)
	Mother		5-134	Dot 5
	Must		134--34	Short Form (M+ <u>ST</u>)
N	Name		5--1345	Dot 5
	Necessary		1345--15--14	Short Form (NEC)
	Neither		1345--15--24	Short Form (NEI)
	Not		1345	Letter Word (N)



Letter	Word	Braille	Dot Numbers	Type
O	Of		12356	Contraction
	One		5--135	Dot 5
	Oneself		5--135--124	Dot 5
	Ought		5--1356	Dot 5
	<i>ou</i>		1256	Contraction
	Ourselves		1256--1235- -123--234	Short Form (OU+ RLS)
	Out		1256	Contraction
	<i>ound</i>		46--145	Dot 46
	<i>ow</i>		246	Contraction
P	Paid		1234--145	Short Form (PD)
	Part		5--1234	Dot 5
	People		1234	Letter Word (P)

Letter	Word	Braille	Dot Numbers	Type
P	Perceive		1234--12456- -14--1236	Short Form (P+ ER +CV)
	Perceiving		1234--12456- -14--1236- -1245	Short Form (P+ ER +CVG)
	Perhaps		1234--12456- -125	Short Form (P+ ER +H)
Q	Quick		12345-13	Short Form (QK)
	Quite		12345	Letter Word (Q)
	Question		5-12345	Dot 5
R	Rather		1235	Letter Word (R)
	Receive		1235--14--1236	Short Form (RCV)
	Rejoicing		1235--245--14- -1245	Short Form (RJCG)
	Right		5--1235	Dot 5
S	<i>Sh / Shall</i>		146	Contraction



Letter	Word	Braille	Dot Numbers	Type
S	Should		146--145	Short Form (SH +D)
	<i>sion</i>		46-1345	Dot 46
	Some		5--234	Dot 5
	<i>st / Still</i>		34	Contraction
	Such		234--16	Short Form (S+ CH)
T	That		2345	Letter Word
	Themselves		2346--134- -1236--234	Short Form (THE +MVS)
	<i>th</i>		1456	Contraction
	The		2346	Contraction
	There		5--2346	Dot 5
	These		45--2346	Dot 45
	This		1456	Letter Word (T)

Letter	Word	Braille	Dot Numbers	Type
T	Those		45--1456	Dot 45
	Through		5--1456	Dot 5
	Thyself		1456--13456- -124	Short Form (TH+YF)
	Time		5-2345	Dot 5
	Today		2345--145	Short Form (TD)
	Together		2345--1245- -1235	Short Form (TGR)
	Tomorrow		2345--134	Short Form (TM)
	Tonight		2345--1345	Short Form (TN)
U	Under		5--136	Dot 5
	Upon		45--136	Dot 45
	Us		136	Letter Word (U)



Letter	Word	Braille	Dot Numbers	Type
V	Very		1236	Letter Word (V)
W	Was		356	Contraction
	Were		2356	Contraction
	<i>Wh / Which</i>		156	Contraction
	Where		5--156	Dot 5
	Whose		45--156	Dot 45
	Will		2456	Letter Word (W)
	With		23456	Contraction
	Word		45--2456	Dot 45
	Work		5--2456	Dot 5

Letter	Word	Braille	Dot Numbers	Type
W	Wou l d		2456--145	Short Form (WD)
X	It		1346	Letter Word (X)
Y	You		13456	Letter Word (Y)
	Young		5--13456	Dot 5
Z	As		1356	Letter Word (Z)



Punctuation

Punctuation	Mark	Braille Symbol	Cell Numbers
Ampersand	&		4--12346
Apostrophe	'		3
At Symbol	@		4-1
Bullet	•		456-235
Colon	:		25
Comma	,		2
Dash (long)	—		6-36
Ellipsis	...		256-256-256
Exclamation	!		235
Forward Slash	/		456-34
Hyphen (Short Dash)	-		36

Punctuation	Mark	Braille Symbol	Cell Numbers
Period	.	⠠	256
Question Mark	?	⠗	236
Quote (Closing)	”	⠠⠠	356
Quote (Opening)	“	⠠⠠	236
Semi-Colon	;	⠠	23
Left Curly Bracket	{	⠠⠠⠠	456 -- 126
Right Curly Bracket	}	⠠⠠⠠	456--345
Left Parenthesis	(	⠠⠠⠠	5--126
Right Parenthesis	)	⠠⠠⠠	5--345
Left Square Bracket	[	⠠⠠⠠	46--126
Right Square Bracket	]	⠠⠠⠠	46--345

Numbers & Basic Math Symbols

In Braille numbers are made up of the number indicator (⠼) and the Letters “A” to “I” (1 to 9) and “J” being zero. So the number 20 would be the number indicator “B” and “J”(⠼⠃⠵).

Numbers 1-20

1		3456--1	11		3456--1--1
2		3456--12	12		3456--1--12
3		3456--14	13		3456--1--14
4		3456--145	14		3456--1--145
5		3456--15	15		3456--1--15
6		3456--124	16		3456--1--124
7		3456--1245	17		3456--1245
8		3456--125	18		3456--1--125
9		3456--24	19		3456--1--24
10		3456--1--245	20		3456--12--245

Basic Math Symbols

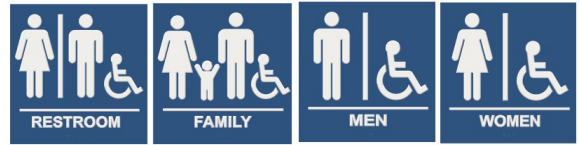
Punctuation	Mark	Braille Symbol	Cell Numbers
Addition (Plus)	+	⠠⠨⠶	5-235
Division	÷	⠠⠨⠼	5-34
Equals	=	⠠⠨⠼⠼	5-2356
Greater Than	>	⠠⠨⠼⠼	4-345
Less Than	<	⠠⠨⠼⠼	4-126
Multiplication (Dot)	•	⠠⠨⠼⠼	5-236
Multiplication (x)	x	⠠⠨⠼⠼	5-256
Square Root	√	⠠⠨⠼⠼	345-345
Summation	Σ	⠠⠨⠼⠼	1246-234
Integral	∫	⠠⠨⠼⠼	1246-24
Percent	%	⠠⠨⠼⠼	46-356

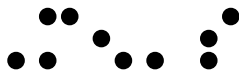
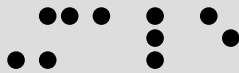
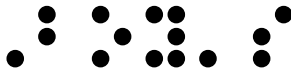
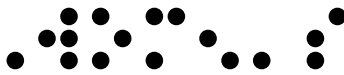
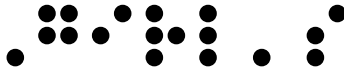
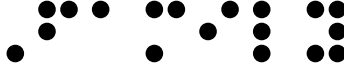


Currency Symbols

Currency	Mark	Braille Symbol	Cell Numbers
British Pound	£	⠠⠋⠠⠎	4--123
Cent	¢	⠠⠠⠠⠠	4--14
Dollar	\$	⠠⠠⠠⠠	4--234
Euro	€	⠠⠠⠠⠠	4--15

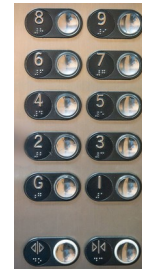
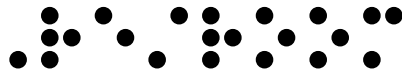
Restroom Signs

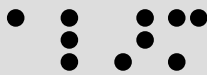
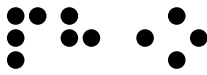
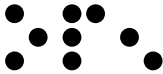


Sign	Braille
Men's	
Male	
Boy's	
Women's	
Female	
Girl's	
Handicapped	
Restroom	
Family	
Toilet	

Braille Elevator Signs

Elevator



Picture	Word	Braille	Dot Numbers	Dot Numbers
	Main		134--1--35	Short Form (MA+ <u>IN</u>)
	Alarm		1--456--345--134	Short Form (Al+ <u>AR</u> +M)
	Phone		1234--125--5--135	Short Form (PH+ <u>ONE</u>)
	Stop		34--135--1234	Short Form (<u>ST</u> +OP)
	Open		135--1235--26	Short Form (OPN)
	Close		135--123--26	Short Form (CLS)

Folding Money For Identification



One Dollar Bills are not folded



Five Dollar Bills are folded in half



Ten Dollar Bills are folded in half lengthwise



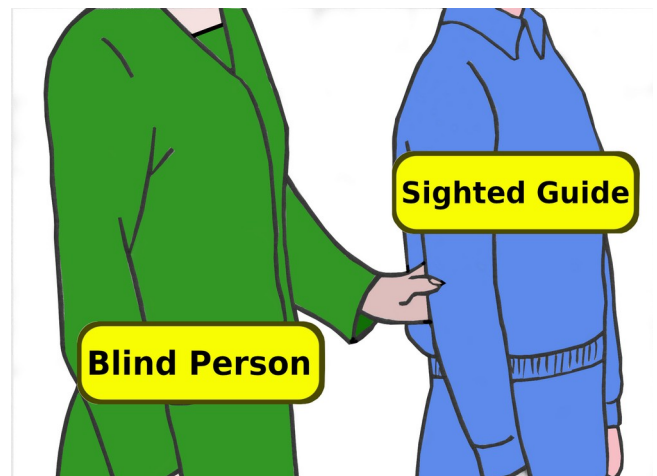
Twenty Dollar Bills are folded in half and then half again

Training your Guide

Getting help when you need it is important. Teaching someone to help you will help you and put them at ease. This is a handy guide to let them know how to do it properly.

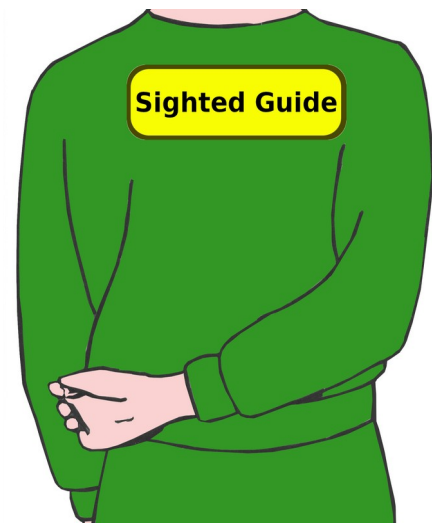
1. **Ask** if they need assistance. *“Do you need any assistance?”*. If they accept, ask which side they prefer to be on, as this may depend on their cane usage or personal preference.

2. The standard human guide technique involves the person being guided placing a firm grasp just above the guide’s elbow. The guide should keep their arm relaxed and extended downward, allowing the traveler to feel subtle movements and directional changes. This standard method can be modified to accommodate height differences, personal preferences, or physical challenges.



The guide should walk about a half step ahead of the person being guided.

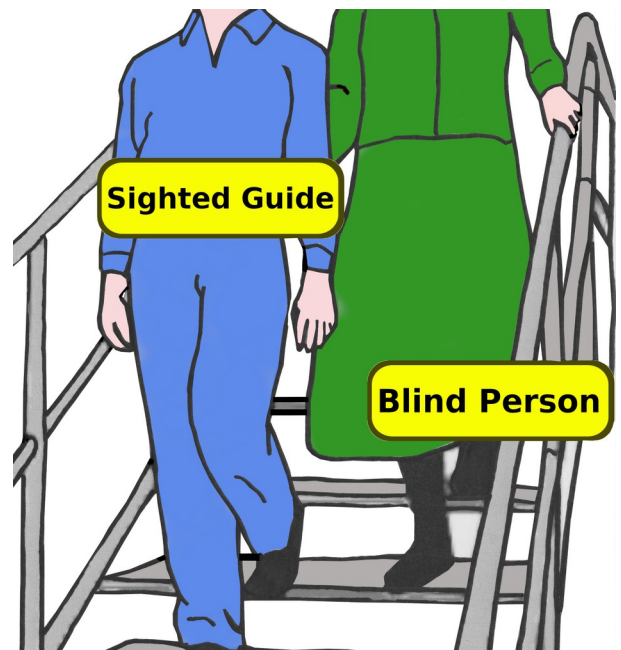
3. When approaching a narrow area or doorway, the sighted guide announce *“We are coming to a narrow part in about 5 feet”*, the guide will move their forearm and hand to rest against the lower portion of their back, palm facing upward. The person being guiding should slide their hand down to their guide’s wrist and move directly behind the guide, at arm’s length. Keep the pace slow.



4. When Opening a door, Tell the person who you are guiding how the door opens. *"The door opens inwards on the right."* This allows them to know if the door is swinging in or out and which side it is on.

5. When approaching stairs, the guide should pause and proceed slowly, allowing the traveler to sense the movement. In familiar environments, the traveler may independently reach for the railing. Say *"We are coming to a stairway going up (or down). There is a handrail to your right."*

Keep the pace slow, but match the abilities of the person that you are guiding. Let them decide the pace. If the person you are guiding is not familiar with the area additional time may be needed to become oriented.



6. When approaching a seat, the guide should tell the person they are guiding that they are in front of or beside the seat. The guide will then place their guide arm hand on the chair back or chair arm and allow the guided person to follow the guide's arm down to the seat. Some people tap the seat to give an audio clue as to where the seat is. Always tell the person if the seat has arm rests or if they do not.

7. Other Helpful information:

- When pointing out things that are in someones path such as curbs, Give specific information: *"There is a curb coming up straight ahead of us in about 5 feet."* This allows them to know ahead of time and if they wish they can use their cane or you can say that you are at the curb and to step up.
- Do not move furniture around. This will confuse a blind person or cause injury.
- When you are about to leave a room – Tell the person you are leaving with so they know. Leaving unannounced the person may become confused as to where you have gone.



- If the toilet seat is up (or down) **leave it the way you found it**.
- When you open a door that is closed – close it back. If it was open – leave it open. Cabinet doors are a source of injury – make sure they are closed after you retrieve what you need. This is the same with drawers.

Agencies to Get Support

- **American Council of the Blind (ACB)** – [<https://www.acb.org>] - To increase the independence, security, equality of opportunity, and quality of life for all blind and visually impaired people.
- **American Foundation for the Blind (AFB)** – [<https://www.afb.org>] - The mission of the AFB is to create equal opportunities and expand possibilities through advocacy, thought leadership, and strategic partnerships.
- **Blinded Veterans Association (BVA)** – [<https://bva.org>] - BVA serves as ambassadors and mentors for all veterans and their families coping with sight loss.
- **Disabled American Veterans (DAV)** – [<https://www.dav.org>] – DAV helps veterans with disabilities.
- **Hadley Helps** - [<https://hadleyhelps.org>] - Handy tips for the blind
- **Lighthouse Guild International** – [<https://lighthouseguild.org>] - Has group meetings by phone.

VA Blind Rehab and VIST Teams

The VA has residential Blind Rehabilitation centers throughout the US and each state has teams of people to help and get you the resources you need. Call the center nearest you to get more information. You can also call the **VIST** (*Visual Impairment Services Team*) coordinator phone **(202-461-7317)** for the national office.

Facility	Phone
Virginia Rehabilitation Center for the Blind & Vision-Impaired – Richmond, VA	(804) 371-3151
Central BRC – Edward Hines Jr VA Hospital – Hines, IL	(601) 364-2700
Western BRC – Palo Alto, CA	(650) 724-3300
Long Beach BRC – Long Beach, CA	(562) 494-2100
Augusta BRC – Augusta, GA	(706) 721-3100
Southeastern BRC – Birmingham, AL	(205) 254-3000
Puerto Rico BRC – San Juan, PR	(787) 722-2200
Southwestern BRC – Tucson, AZ	(520) 791-2600
American Lake BRC – Tacoma, WA	(253) 572-3000
Waco BRC – Waco, TX	(254) 752-3000
Eastern BRC – West Haven, CT	(203) 974-3000
Louis Stokes Cleveland BRC – Cleveland, OH	(216) 844-3000
West Palm Beach BRC – West Palm Beach, FL	(561) 295-3000

What You Can Learn at a VA BRCs?

BRC programs are designed to help you regain independence after vision loss. Most programs are tailored to your needs and goals. Here are the core areas covered:

Orientation and Mobility (O&M): Learning to navigate your environment safely. Street crossing, route planning, using public transportation, and building confidence in unfamiliar spaces. Advanced programs may include blindfold navigation training to build technique independent of any residual vision.

Braille Literacy: Finding and reading Braille signage in daily life. Elevator buttons, restroom signs, room numbers, and medication labels. You practice with real-world examples, not just textbooks.

Independent Living Skills: Kitchen safety, cooking techniques, personal grooming, household organization, and money management. Adapting daily routines to work without sight.

Computer and Phone Skills: Screen reader training, voice commands, accessible app navigation, and assistive technology setup. Both iOS and Android covered, plus Windows, Mac, and (sometimes) Linux accessibility including the Orca screen reader.

Manual Arts and Recreation: Woodworking, leather work, copper tooling and adaptive hobbies that rebuild confidence and fine motor skills. Specialty programs vary by location. Check the programs offered.

Cane Training: Selecting the right cane and tip, learning proper technique, and building muscle memory for safe travel. Different tips work for different terrains — ceramic for indoor smooth surfaces, rolling ball for outdoor pavement, marshmallow for grass, and pyramid or metal for rough terrain and gravel. This is part of O&M.

Family Support: Programs for spouses and family members to understand vision loss and learn how to assist effectively.

Programs typically run 30 days residential. All BRCs are residential — you stay on-site.

Before You Arrive

The key to getting what you need is communication. Work with your VIST coordinator before you arrive. Tell them your goals whether you are a first-timer wanting the full program or someone returning for specific skills. Most BRCs offer a basic program, but asking and clarifying your goals lets them tailor the experience to you.

Call the BRC and talk to them about what they offer and what you want to focus on. That conversation shapes your entire stay.

Labeling and Organizing at Home

When you lose vision, the kitchen and household become obstacle courses. Identifying items by touch or limited sight keeps you independent and safe.

For Low-Vision Users Talking labeling tools let you record a message on a sticky dot, stick it on an item, and tap a pen to hear what it is. One device, one dot, one voice memo. Simple and effective. Large-print labels with high contrast work for items you can bring close. Bold markers on white tape make spice jars readable at arm's length.

For Blind Users a Braille embosser with 3/8 inch sticky tape is wonderful for labeling cans, spices, medications, folders, and anything with a flat surface. You emboss the label, peel and stick. It stays put and reads cleanly by touch.

Bump dots come in different sizes, shapes, and textures. Round dots, square dots, raised and flat. Use them on stove knobs, microwave keypads, washer and dryer settings, and thermostats. One round dot on the start button. A square dot on high heat. Build your own system using different shapes and sizes so each marker feels distinct without counting. Velcro dots help too. Stick one on a container and match it to a labeled card or tag. Useful for items where bump dots slide off or where you want a removable label.

Canned Goods and Shelving Acrylic bins hold cans upright and organized by type. Corn gets one bin. Peas get another. Spaghetti sauce, fruit, soups. Each bin is clearly labeled. Some bins stack. Others slide on shelves. For low-vision users, the transparent sides let you see labels at distance. For blind users, the consistent placement means you know where to reach. Braille labels can be used for identification.

Spices deserve their own zone. A turntable rack keeps everything accessible without reaching over multiple jars. Label the rim of each container or mark the shelf below with the spice name.

Medications Medications require extra care. ScripTalk™ handles prescription bottles with

RFID tags from the VA pharmacy, reading the name, dosage, and instructions aloud. If you are not in the VA system, check with your pharmacist. Some pharmacies offer ScripTalk™ labels directly. For over-the-counter medications and supplements, use Braille labels or bump dots on the bottles. One dot for morning medications, two for evening. Keep prescriptions in their original containers and return them to the same spot after each use.

Organization Strategies: Keep items in consistent locations. Always return things to the same spot. Group similar items together. Use drawer dividers and shelf organizers so items don't migrate.

Cooking instructions can be magnified for low-vision. Blind instructions for foods that are regularly made can be either done in Braille or recorded audio files on your phone or computer can be created.

Your VIST coordinator can help with home modifications like grab bars, improved lighting for low-vision use, and other adaptive equipment. They know what works and what is available through VA programs.

Airport and Travel Navigation

Air travel is entirely possible as a blind or low-vision traveler. The key is knowing what to ask for and using the right terminology.

Requesting the Right Assistance

When booking your flight, request "**guided assistance**." This is different from **wheelchair assistance**. Guided assistance means an airline employee walks with you through security, to your gate, and onto the plane. You stay in control with your cane. They guide verbally and physically as needed.

If you are confident with your cane, guided assistance keeps you active and moving. You navigate, they assist with logistics like boarding passes, signage, and gate changes.

Security Screening

Screening is straightforward with guided assistance. The airline employee stays with you through the process. TSA officers communicate each step. You will not be separated from your cane for long.

Boarding Early

Tell the gate agent you need a bit more time to get settled. This places you in an early boarding group. You board before the rush, find your seat, stow your bag, and get comfortable without the pressure of a line behind you.

Flight Delays and Cancellations

Requesting guided assistance means the airline is responsible for you. If your flight is delayed or canceled, the airline comps hotel and meals. You are not left stranded figuring out rebooking and lodging on your own.



Apps for the Blind

iOS / iPad OS

App	Function	Why it's useful
Be My Eyes	Live video call to sighted volunteers	Real-time visual assistance for everyday tasks (reading labels, locating objects, etc.)
Aira	On-demand agents	Agents can give detailed navigation help, airport gate finding, document reading
Seeing AI	AI-powered object, text, and scene description	Scans documents, currency, faces, and describes surroundings without a human helper
TapTapSee	Photo-based object recognizer	Snap a picture, get spoken description of the object; works in low-light conditions
Giraffe Reader	OCR + text-to-speech for printed material	Reads books, magazines, and PDFs aloud; supports multi-column layouts
BlindSquare	GPS navigation tuned for blind users	Announces street names, points of interest, and turn-by-turn directions with audible landmarks
iDentifi	Barcode & UPC scanner	Reads UPC codes, tells you the product name, ingredients, allergens – useful in grocery stores
Seeing Eye GPS	Turn-by-turn navigation with blind-specific UI	Large tactile-friendly buttons, spoken POI alerts, and “road-edge” warnings
BARD Mobile	Access to audio books & braille e-books	Streams library titles to the phone; can pair with a Bluetooth refreshable braille display
Light Detector	Converts light intensity to audible tones	Helps locate light sources (e.g., a stove burner that is on) when vision is limited.
Magnifier	Simple screen-magnifier (triple-click shortcut)	No extra download; instantly enlarges anything on-screen with adjustable zoom (built-in iOS feature)
VoiceOver	Reads everything on screen, supports Braille displays	Core accessibility layer; works across all apps - (built-in screen reader).(built-in iOS feature)

Android Apps

App	Function	Why it's useful
Be My Eyes	Live video help from volunteers	Same as iOS version – instant visual assistance
Aira	Professional agents via video/audio	Trained agents give detailed navigation & task help
Lookout	AI object, text, and currency recognition	Works offline; reads signs, receipts, and money
TapTapSee	Crowd-sourced + AI object identifier	Takes a photo, returns spoken description
BlindSquare	GPS navigation with audible feedback	Announces street names, intersections, and nearby landmark
Soundscape	3-D audio navigation cues	Provides spatial audio “beacons” for orientation
iDentifi	Barcode scanner + product info	Reads grocery barcodes, tells you what the item
Claro MagX	High-definition magnifier	Zooms the screen, offers contrast & color filters
TalkBack	Reads UI elements, supports gestures & BrailleBack	Core accessibility service; works system-wide – A built-in Android screen reader
Voice Access	Voice-only navigation & control	Hands-free operation for opening apps, scrolling, typing – Built into the Android OS
Select-to-Speak	Read-only text-to-speech on demand	Tap any element, a floating speaker reads it aloud – Built into the Android OS
Lazarillo	Background GPS guidance for blind users	Provides turn-by-turn voice directions even when the app is in the background
Google Assistant	Voice commands for calls, messages, navigation	Hands-free control of the device, useful for low-vision users – Uses Android Auto

ScripTalk — Talking Prescription Labels

ScripTalk is a free service that lets blind and low-vision veterans hear prescription label information read aloud. The VA pharmacy attaches a small electronic RFID tag to your medication bottle. You then use either a handheld ScripTalk Station Reader or the free ScripTalk Mobile app on your phone to scan the tag and hear the medication name, dosage, instructions, warnings, pharmacy details, prescribing doctor, prescription number, and refill information.

The mobile app works on NFC-enabled iPhones (hold the bottle near the front of the screen) and Android devices (hold near the back by the camera). The system supports 50 languages.

How to sign up through the VA:

Ask your VA pharmacy staff to enroll you. They complete the enrollment paperwork and provide either a ScripTalk Station Reader or set you up with the mobile app. The pharmacist programs and places the electronic tag on each prescription.

Sign up directly:

Visit envisionamerica.com or call 1-800-890-1180. Free for Veterans.

ScripTalk Machine

There is also a stand-alone machine that does the same thing as the phone apps for those who need it. It is available through the VA or you can search and find it online.



Accessibility Programs



Windows – Narrator (built-in)

Setup

1. **Win + Ctrl + Enter** – turn Narrator on/off.
2. First-time wizard: follow spoken prompts.
3. **Settings** → **Ease of Access** → **Narrator** → adjust:
 - **Voice** (speed, pitch)
 - **Verbosity** → “Brief” (default is “Full”).
 - **Keyboard shortcuts** → enable “Caps Lock as Narrator modifier” (optional).

Windows Narrator – Cheat-Sheet

Gesture / Shortcut	Action
Caps Lock + M	Start reading from the current item.
Caps Lock + P	Pause/resume reading.
Caps Lock + R	Read the entire window.
Caps Lock + Arrow Right/Left	Move focus to next/previous item.
Caps Lock + Space	Activate the focused control.
Caps Lock + Ctrl + Enter	Open Narrator settings.
Caps Lock + Ctrl + F	Find on page.
Caps Lock + Ctrl + H	Read heading.
Caps Lock + Ctrl + L	Read list.
Caps Lock + Ctrl + T	Read table.
Caps Lock + Ctrl + N	Read notification.
Ctrl + Alt + Num Pad 5	Toggle “Scan mode” (read by character).
Ctrl + Alt + Num Pad 6	Scan mode – read by word.
Ctrl + Alt + Num Pad 7	Scan mode – read by line.
Ctrl + Alt + Num Pad 8	Scan mode – read by paragraph.
Ctrl + Alt + Num Pad 9	Scan mode – read by document.

Windows – NVDA (free, open-source)

Setup

1. Download from <https://www.nvaccess.org> → run installer.
2. Launch NVDA (shortcut **Ctrl + Alt + N**).
3. First-time wizard → choose language, voice, “**Start NVDA on login**” (optional).
4. **NVDA Settings (Insert + N)** → adjust:
 - **Speech** → **Rate, Pitch**
 - **Browse Mode** → **Simple Review** (on/off)
 - **Keyboard** → **Use Caps Lock as NVDA modifier** (default) or CAPLOCK

Cheat-Sheet

Shortcut	Action
NVDA + T	Read title of current window.
NVDA + H	Read next heading.
NVDA + Shift + H	Read previous heading.
NVDA + L	Read next list.
NVDA + Shift + L	Read previous list.
NVDA + Tab	Cycle through focusable objects.
NVDA + Space	Activate the focused control.
NVDA + Down Arrow	Read next line.
NVDA + Up Arrow	Read previous line.
NVDA + Right Arrow	Read next character.
NVDA + Left Arrow	Read previous character.
NVDA + Ctrl + B	Read current button.
NVDA + Ctrl + F	Open Find dialog.
NVDA + Ctrl + S	Open speech viewer (shows spoken text).
NVDA + Shift + S	Toggle speech synthesizer on/off.
NVDA + Q	Quit NVDA.
NVDA + 1-0	Switch to a specific speech profile (Verbosity)

Windows – JAWS (Paid)

JAWS is a paid screen reader for Windows that was originally released in 1995. JAWS is frequently sold with ZoomText, a screen magnifier, in a package called Fusion.

Basic Cheat Sheet

Command	What it Does
CTRL	Stop Reading
INS + Down Arrow	Read All (From Current Position)
TAB	Next
Shift + Tab	Previous
H	Next Heading
1-6	Next Heading (Headings are 1-6)
Shift + 1-6	Previous Heading (1-6)
L	Next List Item
Shift + L	Previous List Item
F	Next Form Element
Shift + F	Previous Form Element
Up Arrow	Say Previous Line
Down Arrow	Say Next Line
CTRL + F	Find a word / Phrase on the page
Insert + Num Pad 5 twice	Spell from cursor
Insert + F7	List Links on page

Linux – Orca (GNOME Screen Reader)

Setup

1. **Alt + Super + S** (or **Super + Alt + S**) – toggle Orca on/off.
2. First-time wizard runs – follow spoken prompts.
3. **Settings** → **Universal Access** → **Screen Reader** → ensure **Orca** is enabled.
4. Open **Orca Preferences** (Insert + Space when Orca is on) → adjust:
 - **Speech** → **Rate, Pitch**
 - **Verbosity** → **Brief** (under “Speech”).
 - **Keybindings** – you can change the “modifier key” (default: **Insert** for **Desktop** - **CAPLOCK** for **Laptops**).



Cheat-Sheet (key bindings)

Shortcut (default modifier = Insert)	Action
Insert + Space	Open Orca preferences.
Insert + Right/Left Arrow	Move focus to next/previous object.
Insert + Down/Up Arrow	Read next/previous line.
Insert + Enter	Activate the focused control.
Insert + H	Read next heading.
Insert + Shift + H	Read previous heading.
Insert + L	Read next list.
Insert + Shift + L	Read previous list.
Insert + T	Read next table.
Insert + Shift + T	Read previous table.
Insert + F	Open Find dialog.
Insert + Ctrl + S	Speak the current status bar .
Insert + Ctrl + R	Read the current region (selection).
Insert + Ctrl + M	Read the window title .
Insert + Ctrl + P	Pause/resume speech.
Insert + Ctrl + Q	Quit Orca.
Insert + Shift + N	Toggle numeric keypad mode (reads numbers individually).

Translating Older Braille

One of the problems that I encountered when checking out Braille books from the Library is that many of them were published before UEB Braille was in use. This makes things difficult when you learn something and are suddenly looking up many of the symbols just to make coherent sentences.

I have put together a list of symbols that will help to translate most of these from **EBAE** (*English Braille American Edition*) to UEB that is taught now. The alphabet has not changed, thankfully, but the second-level Braille has.

Word	EBAE Braille	Cell Numbers	Note
<i>ally</i>		6--13456	No Longer Used
<i>ation</i>		6--1345	No Longer Used
<i>by</i>		356	No Longer Used
<i>com</i>		36	No Longer Used
<i>dd</i>		256	No Longer Used
<i>into</i>		35--235	No Longer Used
<i>to</i>		245	No Longer Used

Afterwards

Thank you for downloading and using The Braille Dictionary. It is an ongoing project that is maintained by a Veteran for Veterans. It can be used and modified to help any person that is blind. I developed this because of my own sudden blindness and it is becoming the book that I wish I had when I became blind. It not only helps with Braille, but it helps with life skills and resources that are needed.

Updates are available by going to BrailleDictionary.org and pushing the “Download” button. It is free and you can freely distribute it to those in need.

This is the first edition to have an ISBN Number. What that means is ‘*The Braille Dictionary & Help Guide*’ is considered a “Book” and listed in Books in print. This is another step to help VIST Teams and BRCs and others to include it in their programs. This is a big milestone.

If you wish, you can participate by:

- **Helping to spread the word:** Tell others about the Braille Dictionary. Share this resource with others (Social media, in group chats, just an email).
- **Give us your feedback:** Yes, your opinion actually matters, if you find something that is incorrect it will be corrected in the next update. I am only one person with a mission, but I do not have all the answers. Suggestions for other things to include are also welcome.
- **Talk to your caregivers and the VA:** Many of the people who are working in healthcare on the Low Vision and Blind arena do not know about The Braille Dictionary Project – Let them know so they too can share.

Plans for the Future

The next edition will be printed (PDF) and also separate files for Braille Embossers and refreshable Braille readers. This will also be “bundled” via a zip file so that you can download both.

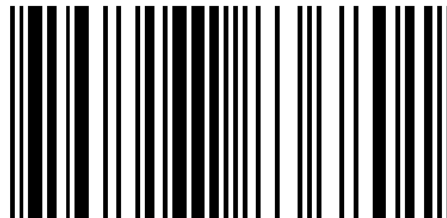
The PDF is screen readable if you prefer to learn that way. You can get printed copies by going to BraillePress.com

A Complete Braille reference with practical living skills, UEB dictionary, Money folding techniques, Airport Travel, Labeling your home, restroom signs, elevator signs, Screen readers and cheat sheets, Assistive apps for your phone, a directory of blind services, Blind Rehab Facilities from the VA and much more.

Author's Note:

This is the first edition to have an ISBN number. We are now in books in print. You can still freely download the latest copy at BrailleDictionary.org or you can purchase a printed one from BraillePress.com (All proceeds help to further the Braille projects that we are doing).

ISBN



979-8-9978368-0-1



**Published in Print By
Braille Press, LLC**

BraillePress.com