Hadley

Sitting Down Sample

Having someone assist us to find and sit down in a chair takes just a few steps to learn. We start by asking the person guiding us to grasp the back of the chair with their guiding arm. Then we can slide our hand down their arm to find the chair back ourselves.

By swiping our hand down its back and seat, we can check which was the chair is facing and make sure the seat is clear and steady.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away, at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?