Hadley

What’s on the Table Sample

Eating out can still be enjoyable no matter your level of vision. In this workshop, we'll share simple tips for exploring what's on the table and plate in front of us.

The key to exploring unfamiliar table settings is to go low and slow. This approach avoids knocking things over as we figure out what is where. Moving low means hovering our hands just above the table itself to explore. That way we'll come into contact with the base of a water glass, for instance instead of the rim.

Then, to make gentle contact with items in front of us, we use the back of our fingers. With our palms facing the table and fingers slightly curled inward, we'll move our hands around the place setting to discover the silverware, plate, water glasses, etc. When the food arrives, a slow, systematic approach helps to map things out. We start at the top of the plate and use the fork to brush downwards.

**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 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?