Hadley

Getting Where You Need to Go Sample

It may be a quick trip to the grocery store, a hair or a doctor's appointment, having lunch with some friends, or a day of much needed shopping therapy. Yes, getting out and about is important for your physical and mental wellbeing, and there are some basic steps you can take to make getting where you need to go a little easier, no matter your level of vision. So let's get going.

First of all, like so many things in our lives, planning ahead, whenever possible, makes a whole lot of sense. And knowing your public transportation options is a great place to start. Now, find a handy place, like your phone's contact list or an address book, to store phone numbers and addresses for your local bus depot and train station.

And let's not forget there are ride share apps, like Lyft and Uber, that you can download to your smartphone. Even if you don't have a smartphone, you can use ride share services through a program called GoGo Grandparent. You'll find more information about this program in the Resources section of this workshop.

**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?