Hadley

Low Vision

Glare Sample

Our eyes change as they age. It’s harder for them to absorb the same amount of light as they used to. So while we may find we need more light shining on the things we want to see, we also may notice that we want less light on the things that we don’t. That extra light, shining where we don’t need it, is called glare.

You may have noticed places where glare is already a problem: in big stores with bright fluorescent lights, or out in the yard on a really sunny day. Glare can tire out our eyes and even reduce the contrast and clarity of things we want to see. So reducing glare can change the way we see for the better.

Glare sensitivity usually comes on slowly. That means we may not even realize how much glare is interfering with our vision. So changes that reduce glare at home can make a surprising difference. Let’s look at lighting first.

Ed Haines: 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?