Hadley

Adjusting to Vision Loss

Asking for Help and Turning It Down Too Sample

Douglas Walker: You know, we all like helping others, but if you’re like me and the tables are turned, it can be hard to actually ask for help even when you could really use a hand. And then there’s those times when I really want to turn down help but feel really awkward doing so. I don’t want to hurt my friend’s feelings, and I know they’re just trying to look out for me. But I tell you, I really can do much more than they think I can.

My name is Douglas Walker. And I’ve been living with vision loss for quite a few years now. Yeah, it’s probably safe to say that we all could use some guidance on how to be our own best advocate when asking for and turning down help. So let’s jump right in and check out some really useful strategies

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 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 logon.

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?