Hadley

Finding the Right Direction Sample

When you’re out for a stroll – or you’re traveling to an appointment or event – a good sense of direction makes it easier to get where you’re going. And if your internal compass gets turned around, don’t worry – it happens to everyone. We’ve got some tips to help you get oriented and reach your destination, without vision loss getting in your way.

Let’s say you’re heading out for an appointment at a doctor’s office you’ve never been to. If you’ve already checked out the workshops on finding the address and finding the room number, you’ve probably got the directions to get there. Now you just need a few tips and tools to follow them.

One familiar technique for knowing which way to go is to compare the direction you’re facing to the numbers on a clock. Twelve o’clock is straight ahead, 3 o’clock is 90 degrees to your right, and so on. This method is helpful for everything from turning a knob on the stove to finding food on your plate, avoiding objects in your path, and walking across the lobby.

**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?