## 

Insights and Soundbites

I never thought of that

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**Marc:** This is Hadley’s Insights and Sound Bites, where people facing vision loss share what has helped them cope and adjust.

**Randy:** There's always the, why me thing. And then of course, you go back to the, why not? I have a strong faith, and I understand the way life works, but there's still emotionally, as humans, we still deal with the sense of loss and, "Well, what do I do now?" A lot of it is, "Well, okay, I got this." And even if you are able to come to terms with it, it's like, "Okay, so now what?"

One of the things that... Looking backwards, probably the hardest part was just not understanding and getting information and help on trying to navigate through the emotions of it and navigating with the loss of vision. And there wasn't a lot of help.

But, when I came across that one by Douglas Walker, Adjusting to Vision Loss, and I read it, it just captured so much of what I felt over the years. To me, it was the most logical first workshop anybody should take when they encounter vision loss, when they're first dealing with it. It just helps you to think about the emotions, think about, "Okay, what are my steps going forward, and what am I going to do?"

What I liked about that was they made a comment about how vision loss is... When you have a loss, you go through the cycle of grieving, anger, all that stuff. Yeah, we all do that. But what was very interesting is they made the comment, "Well, because people don't realize your vision, you reach a plateau and then a little while later, your vision deteriorates more, you go through the whole process all over again." I never thought of that. That makes perfect sense.

**Marc**: You never know who might need to hear your story. If you’d like to share with us, just leave us a message on our Insights & Sound Bites voicemail. By calling, 847-512-4867. Or, you can use your smartphone or computer and email us a recording to [podcast@HadleyHelps.org](mailto:podcast@HadleyHelps.org).