##

Insights and Sound Bites

You can’t do this alone

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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.

**Sharon:** When you first get that diagnosis and have no symptoms, you don't really understand what the possibilities are. I'm relying on a doctor to tell me the possibilities or to direct me in a direction of what could this journey look like. And I never found that.

There's a linear process and I most likely will lose more vision along the way. And one day I'll wake up and maybe I won't see as well. You know, every day was a different journey. It was a journey. It's terrifying. Unless you’re with people who are experiencing the same thing and can give support, it's a very lonely thing.

I'm adjusting it, but I'm much more stable now than I have been ever. I'm less fearful about the future. I know the vision may deteriorate further, but I feel I have the skills now and the support now with all of the services, yours included, to navigate.

The most important thing is you need a support group. You cannot do this alone. You may need more than your family. You need people who are experiencing the same thing.

**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.