Hadley

I chose to educate myself

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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.

**Pat:** I was diagnosed with macular degeneration in 2014. What was thinking, I was going in to get a new kind of contact lens, so would help with my computer work and came out being told not only is your vision poor, but it's not going to get any better. My father had macular degeneration before there was any treatment and of course, eventually went completely blind. I had lots of opportunities in my hands, thank heaven. As anxiety ridden as being told you're going to lose your vision, you have a couple of choices, you can either sink into it and be miserable, feel sorry for yourself, and wallow in self-pity, and I'm an educator by education and by trade, and so my idea is find out how you can do better.

My thought was even though my vision wasn't that bad at the beginning, my weapon of choice was to educate myself, find out while I had relatively good vision, how to do things, how to adapt, how to make my home adaptable to my needs. So that was my theory for survival and optimism is education

**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.