Hadley

I have my bad days as well as my better days

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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.

**Pam:** Hi, I'm Pam Harris. Morton, Tennessee. I have been legally blind now for just over four years due to advanced myopic macular degeneration and macular hole and I used to have the bleeds and get the injections. But as my vision has declined, I have learned to accept where I am. But it has been a gradual process, and I wouldn't say it was like a sudden “aha” moment.

Instead, the first couple of years were really rough. My husband was still working. I was alone much of the time and very trapped. And I'm a very healthy, sociable person, so it was very difficult for me to accept the limitations I had. But after a couple of years and some research and learning how to do old things and new ways, and thanks to many friends who would drive me places, I am in a much better place now.

I have learned how to use assistive technology. I have learned to use my smart devices. I have learned to develop new hobbies. I'm even sketching again. Now, the thing is, I can't sketch as well as I used to, even using my assistive technology. But it's still a diversion for me and I enjoy doing that.

All of this technology that's available today has made a huge difference. So, I'm not going to say that I'm always okay with it. I have my bad days as well as my better days, but that is what I wanted to share.

It's okay if you have the bad days. And I fully believe because it's been for me, as time goes on, those bad days are farther and farther apart.

**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.