Hadley

Help is in Sight

Welcome to Hadley. I'd like to take a few minutes to introduce you to Hadley and welcome you to our site. As we age, we're more likely to develop a visual impairment. In fact, vision loss, very rare in childhood, is far more common in older adults, especially those facing age-related diseases like macular degeneration, glaucoma, and diabetic retinopathy. With these conditions, we typically retain some useful vision, but the impairment can't be corrected by lenses, surgery, or medication, and it can make everyday living much more challenging. Studies show that vision loss in older adults often brings with it other negative outcomes like falls, isolation, cognitive decline, and depression.

**Ruth:** I also did lots and lots of sewing. I love working with fabric and sewing. That has really suffered. It hit me pretty strong, pretty, pretty badly. I have COPD, as well as the vision problem, and they both seemed to appear or be identified at about the same time. And I came home one day, I just went to bed and cried.

But it doesn't have to be this way. Hadley has been helping thousands of people like Ruth for more than 100 years. Workshops offer practical help and share new ways to approach everyday tasks from using the vision features on a smartphone to labeling medications, to personal care. Our practical tips can be immediately applied, increasing safety, confidence, and hope for the future.

Joining the Hadley community connects adults facing vision loss to the Hadley team, as well as an increasing number of social and emotional support programs. Hadley's monthly discussion groups connect adults with vision loss to each other, decreasing that sense of isolation, replacing it with a community of others who get it. What's more, Hadley's help is easy to find, on the phone, online, or through the mail.

As a nonprofit, our goal is to eliminate barriers and change lives. So, all our help is offered completely free of charge.

**Mark:** So I have what I have. All I'll get will be worse, you know, but I won't get better. So now it's been up to me to figure out how to live with this. And resources are very slim. You know, Hadley is a godsend. I get ideas and places to go and, you know, ways to look at things, and just every day also, the everyday help is great.

Hadley, help is in sight.