Hadley

Taking Notes Sample

Adding just a few extra steps to your approach can help you manage everyday things, no matter your level of vision. Now, here are some tips for writing yourself notes that could come in handy.

The first thing you can do is make sure you have good lighting. With good lighting, you won't have to deal with shadows and glare from different sources, like the window, the light, or even white sheets of paper. And speaking of paper, try yellow sheets to help prevent glare. And closing any drapes or blinds will help prevent glare from the window.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away, at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?