Hadley

Protecting Yourself from Bumping into Things Sample

When everything is in its place, getting around the house is pretty much of a routine. But what about those times when we forget to close a cabinet door, or a family member moves a chair without letting us know? The good news is that there are techniques you can use to safely move around your home, and avoid obstacles you don't expect.

The first technique is good for protecting you from objects at head and chest level, like that kitchen cabinet door. It's called the upper hand and forearm technique, because, well, you're going to use those parts of your body to help you. Start by putting the back of your hand on your forehead like you would if you were checking your own temperature.

Keeping your palm facing away from you, gives you more time to react to anything you might come in contact with. Now extend your elbow until your hand is about a foot in front of you, between your forehead and shoulder. Keep your arm relaxed to make it easier to absorb any impact, just in case you do make contact with something.

**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?