Hadley

Using Landmarks and Clues Sample

There's a lot of useful information you can get from the environment around you. Information you can pick up on to help you figure out where you are and how to get where you want go. And this can be really helpful, no matter your level of vision. The smell of coffee at the 24-hour diner means you're three blocks from your house.

The sound of a fountain in a neighborhood park that tells you the grocery store is on the next corner. These landmarks, as we call them in this workshop, are useful tools that can help you feel more confident about knowing where you are, even if you can't see all that much.

A landmark is something you can easily recognize, that doesn't move and is specific to a certain location. They can be objects, smells, sounds, or temperatures. Objects in your home can be used as landmarks, like the bathroom sink, a wall mounted TV, even the floor when it goes from tile to wood or carpet helps you know where you are.

**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 help 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?