## 

Insights and Sound Bites

Survive, Adapt, Overcome

Presented by Douglas Walker

**Douglas:** Hello, and welcome to the Insights and Sound Bites podcast, where people facing vision loss share insights about what has helped them cope and adjust.

**Voice 1:** You cannot do this alone. You need people who are experiencing the same thing.

**Voice 2:** Probably the hardest part was just navigating through the emotions of it.

**Douglas Walker**: My name is Douglas Walker. When you’re new to vision loss your emotions can be all over the place. Today we’ll be hearing from Larry. Larry will be sharing some of the things that helped him work through the emotions of vision loss when he was first diagnosed.

**Larry:** I mean, I was in a fog, a funk if you will. I was shell-shocked that I'd been, I can see, but I can't see. I shouldn't drive. What does that mean? How do I make a living? How do I do the things that I did in life? How do I recreate? How do I associate with people when I can't recognize them? I just see blobs. I mean, they're severely out of focus, and the further away they are from me, the harder it is for me to identify them.

It's an unnerving time because you really don't know what to expect. What's going to happen? How am I going to do this? And at some point, you get through the 'why me' stage, and then you've got to get back to your core beliefs, your faith, your training. In my case, it was the army. The survive, adapt, overcome. And once you get that on board, and once you realize that your wife is in it for the long haul. God bless her. She's been with me 40 years. You can do it, but when you first get it, it's tough. It's rough.

**Douglas Walker:** Was there something someone said to you, or something someone did for you early on that made all the difference in the world in helping you to adjust living with vision loss?

We’d love to hear from you. If you’d like to share with us, just leave us a message on our “Insights and Soundbites” podcast voicemail by calling 847-512-4867. Or you can use your smartphone or computer and email us a recording to podcast@hadley.edu. Again, my name is Douglas Walker, take care and I’ll see you next time.