Hadley

I Chose to Educate Myself

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:** My name is Douglas Walker. A routine trip to the eye doctor can suddenly change your life. Today, we’ll hear from Pat. Pat will share with us the choices she made, when faced with a visual impairment

**Pat:** I was diagnosed with macular degeneration in 2014. What was thinking, I was going in to get a new kind of contact lens, so would help with my computer work and came out being told not only is your vision poor, but it's not going to get any better. My father had macular degeneration before there was any treatment and of course, eventually went completely blind. I had lots of opportunities in my hands, thank heaven. As anxiety ridden as being told you're going to lose your vision, you have a couple of choices, you can either sink into it and be miserable, feel sorry for yourself, and wallow in self-pity, and I'm an educator by education and by trade, and so my idea is find out how you can do better.

My thought was even though my vision wasn't that bad at the beginning, my weapon of choice was to educate myself, find out while I had relatively good vision, how to do things, how to adapt, how to make my home adaptable to my needs. So that was my theory for survival and optimism is education

**Douglas:** Was there something that someone said to you or something that happened along the way that made all the difference in the world in helping you adjust to living with vision loss?

We’d love to hear from you. If you’d like to share 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 [podcasts@hadley.edu](mailto:podcasts@hadley.edu). Again, my name is Douglas Walker, take care and see you next time.