Hadley

That Really Sustained Me

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.

**Stacy:** I thought two years ago I was just going to have to quit, and her words resonate with me all the time.

**Douglas:** My name is Douglas Walker. You know, it’s not always easy to be open about your vision loss. Or, to ask for help when you really need it. Today, we’ll hear from Stacy. Stacy will share with us how being honest with others about her vision loss has made all the difference in the world.

**Stacy:** Hi, my name is Stacy and I'm from Denver, Colorado. I have Stargardt's disease, so my vision loss has been gradual. I still work in a retail warehouse. One reason I can manage that is because it's my home. I've been there for 15 years.

I have increasing problems with recognizing people, and unfortunately, I work with numbers and they're random. I can still read. It's harder and harder all the time, but I've been able to make it because I work with a group of people who are aware of what's going on, and they come in and help me.

The things that help me is of the people I work with, one. Two, a very good friend of mine who loves me very much and we've worked together, she told me that what I had to contribute was intangible, that I developed young leaders, that my feedback was invaluable because I'm a very honest person, and that really sustained me. I thought two years ago I was just going to have to quit, and her words resonate with me all the time.

**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 with us, just leave us a message on our Insights & Sound Bites voicemail by calling, 847-512-4867. Or, you can use your smartphone or computer and email us a recording to [podcast@HadleyHelps.org](mailto:podcast@HadleyHelps.org). Again, my name is Douglas Walker. Take care and I’ll see you next time.