

Coping & Mental Health Guide

Adjusting to Vision Loss

A Friendly Guide for the Newly Visually Impaired and Their Loved Ones

"I refuse to let my blindness define me."

- From the creator of I Now Pronounce You - Blind

This guide is free to download, share, and use as a supportive resource.

Adjusting to Vision Loss: A Friendly Guide to Coping & Mental Health

Hi friend -

If you're here, you or someone you love may be adjusting to vision loss. Take a breath. This guide was made just for you - by someone who's walked this path. You're not alone, and this doesn't have to be the end of your story. It might just be the beginning of a new one.

"I refuse to let my blindness define me."

1. You're Not Alone

It's totally normal to feel overwhelmed - scared, sad, or even angry. This guide won't sugarcoat things, but it will remind you: you've got this. For family: just showing up is a huge gift. Listening is more powerful than "fixing."

2. Emotions: The Real Stuff

Grief isn't just about losing someone - it can happen when your life changes. You might feel things in waves. That's okay. Feeling "off" doesn't mean you're weak - it means you're human.

3. Let's Talk Mental Health

Therapy can be a game-changer. Look for someone who gets disability and identity. Online groups and peer support can help you feel seen. You don't have to go through this quietly - your voice matters.

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4. Navigating Daily Life (And Sanity)

Little routines can be lifesavers - like labeling, organizing, and using tech. Apps like Seeing AI, Be My Eyes, and Calm can help with both function and peace of mind. A white cane isn't giving up - it's taking back your independence.

5. For Family & Friends

Don't say: "At least it's not worse."

Do say: "I don't know what to say, but I'm here."

Respect autonomy. Ask before helping. Let your loved one try first.

6. Resources & Action Plan

- Hadley: Free workshops and support
- NFB & AFB: Advocacy and tools
- Crisis Text Line: Text HOME to 741741 if you need someone right now

Your Next Step:

Write down 1 small thing you can do today to take care of your mind - or someone else's.