

1. Record Nr.	UNINA9910164070903321
Autore	Harmer Mike
Titolo	How To Go Blind and Not Lose Your Mind : Physical and Emotional Challenges of Sight Loss
Pubbl/distr/stampa	Chicago : , : Publication Consultants, , 2005 ©2005
ISBN	9781594332296 1594332290
Edizione	[1st ed.]
Descrizione fisica	1 online resource (67 pages)
Soggetti	Blindness People with visual disabilities - Services for
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover Page -- Title Page -- Copyright -- Dedication -- Acknowledgments -- Contents -- Introduction -- Chapter 1: The Diagnosis -- Chapter 2: After The Diagnosis -- Chapter 3: Losing your Sight-What happens -- Chapter 4: Low Vision-What is it? -- Chapter 5: Independence -- Chapter 6: Cheer Up! -- Chapter 7: Support Groups and the Role of Family and Friends -- Chapter 8: Low Vision Aids and Devices -- Chapter 9: Rehabilitation and Training -- Chapter 10: Stuff and Things -- Chapter 11: Conclusion -- Sources and Resources.
Sommario/riassunto	How To Go Blind And Not Lose Your Mind discusses the process of losing your sight and ways to deal with it. Written through the eyes of a person who has been through the process and survived. How To Go Blind And Not Lose Your Mind begins at the diagnosis, walks you through the stages of sight loss, and explores emotional and physical problems associated with going blind. It describes low vision, legal blindness, loss of independence, and what it may mean to you. You will find what help and visual aids are available. There are physical and emotional problems with loss of sight, however you can still keep your vision about living and enjoy a full, happy life. This book gives more than just hope, it is the vision you need while losing your sight.

