



## Blindness and Low Vision Support Group: October 15, 2025 Recap



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## **Highlights from October's Discussion**

### Adapting to Vision Changes:

Loss of vision means losing access to visual information, but there are many ways to compensate and adapt.

### Visual Enhancements:

Adjust contrast, lighting, color coding, and screen/image size to make information easier to access.

### Alternative Access Methods:

Explore speech-based tools (like Siri, Alexa, and Echo) and tactile feedback for non-visual interaction.

### Self-Compassion in Adaptation:

As the brain works harder to adjust, remember to pace yourself and practice kindness toward your own progress.

### Establishing Routines:

Create organized stations for daily activities—such as a coffee area with all supplies within reach. Repetition and consistency help build independence.

### Keeping Up with Technology:

It can be challenging to track new accessibility features on devices.

Helpful resources include:

- American Foundation for the Blind

- Hadley.edu – free training for independent living skills

### Phone Stand:

The meeting concluded with a look at the JJC Phone Stand

[Hadley.edu Website](#)

[Phone Stand Link](#)

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### **Next Meeting (Virtual)**

- Wednesday, November 19, 2025
- 3:30 PM – 5:00 PM
- Hosted on Zoom
- Try out some of the apps, tools, and services we've covered, and join us for an open discussion!

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### **Reminder about the Bay Area Chapter**

Join the Foundation Fighting Blindness for our Bay Area Vision Connection – a free in-person event for individuals and families in the blind and low vision community.

**Location:** San Francisco Public Library - Latino/Hispanic Community Room, 100 Larkin St, San Francisco, CA 94102

**Date & Time:** Saturday, November 8, 2025, (2:30 – 4:30 p.m. PST)

This engaging event will include:

- Interactive sessions on "life hacks" for living with low vision

- Inspiring stories from Foundation community members and guest speakers
- Opportunities to connect with local resources and others on a similar journeys

#### Session Topics:

- Travel - discuss the best ways to get around, both in familiar spaces and brand-new destinations.
- Mental Well Being - discover new ways to cope with vision loss and the importance of mental health.
- Digital Accessibility - share the best tools that have helped you access the digital world.
- Research Updates & the Clinical Process - learn more about the amazing research developments being made and the process of clinical trials.
- Vision Connection is more than just a gathering — it's where community meets purpose, offering hope, resources, and connection on the journey toward treatments and cures for blinding diseases. Whether you're newly diagnosed, living with vision loss, or supporting a loved one, we hope to see you there.

For questions, contact Jill at [JNaughton@FightingBlindness.org](mailto:JNaughton@FightingBlindness.org).

[Contact Email](#)

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