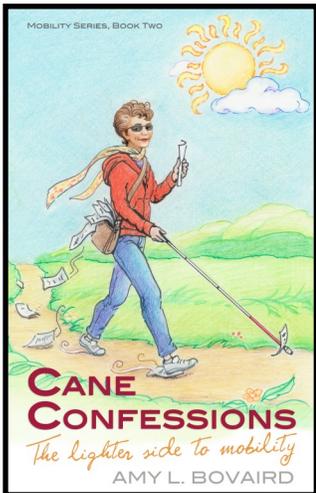
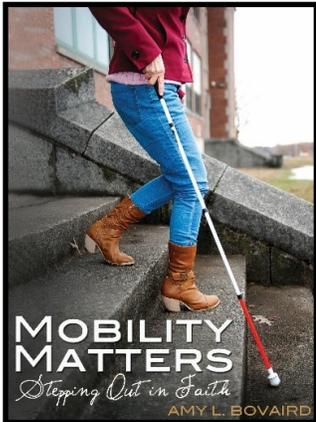


## Author / Speaker / Educator Amy Bovaird “Thriving with Vision and Hearing Loss”



### Tips for Visually-Impaired Individuals

By Amy L. Bovaird

1. **Slow down.** Take a few extra minutes to assess your surroundings and avoid potential accidents.
2. **Use consistent, strong (natural-type) lighting** throughout your house. Use floor or table lamps with bendable fixtures to minimize glare.
3. **Get honest.** Tell others how they can best help you.
4. **Carry a small, rechargeable flashlight** for dark areas and at night.
5. **Have specific areas for frequently-used items,** such as your keys, wallet, checkbook, and purse.
6. **Be pro-active with doctors,** any changes in your vision and remain up-to-date on strides in medical advances.
7. **Keep a positive outlook and a sense of humor about your life!**

The Mobility Series  
HELPFUL TIPS

As the author of the Mobility Series, Bovaird uses personal experiences, faith and practical tips in her presentation “Thriving With Vision and Hearing Loss”

One of the important tools for coping with adversity is attitude and Bovaird uses plenty of humorous anecdotes to illustrate her points.

Bovaird doesn’t just speak. She involves the participants so that it’s a two-way sharing.

A few of the topics she will address:

- Diagnosis—from denial to acceptance
- Faith, optimism and a positive attitude
- Humorous anecdotes of coping
- Practical tips for maximizing remaining vision

Whether you’re vision-impaired or hard of hearing or you’re interested in learning more about vision and hearing loss, Bovaird’s presentations will give you the insights and the tools to move forward and reach out to others.

### AUTHOR / SPEAKER

Amy L. Bovaird

As an international traveler and teacher, Amy was diagnosed with a dual disability—progressive vision and hearing loss due to Usher Syndrome—but continues to pursue her passions: running, hiking and traveling. Amy is an accomplished public speaker on a variety of topics based on her life experiences.

She blogs about her challenges as she loses more vision and hearing but manages to find humor around every corner.

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### REVIEWS & TESTIMONIALS

*“These books are not only for those going through the hallway of vision loss but also for each family member or anyone who loves someone losing their vision. Her books have left me thinking I will now call canes ‘power sticks!’”*

**- Michael Benson, Founder  
Visual Experiences Foundation**

*“Bovaird is gifted at writing personal experiences, keeping the mood warm and the action fast-paced.”*

**- Kimberly Rae, Amazon bestselling author of  
the Sick and Tired series and the Stolen series**

*“Amy Bovaird is a dynamic speaker that will engage your audience of any age or culture. Her love for God and the lessons she has learned in her life’s journey are captivantly expressed through stories of both victory and defeat. Wit and humor are creatively interwoven through the experiences of personal and spiritual fortitude... charismatic through and through.”*

**- RoseMarie Lackey, Director of Missions  
Women’s Connection Ministry, City Mission**