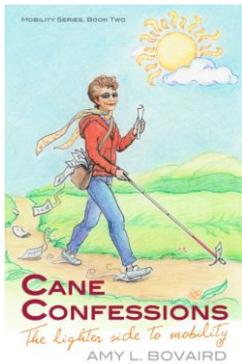


# Author Amy Bovaird Presents: *“My Journey with Vision and Hearing Loss”*



## Tips for those with Low Vision

Compiled 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. Otto-lite is a good brand.
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!



As the author of the Mobility Series, Bovaird uses personal experience, faith and practical tips her presentation titled, “My Journey 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.

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

**Don't miss this important presentation.**

Date:

Time:

Location:

## AUTHOR

Amy Bovaird

As an international traveler and teacher, Amy was diagnosed several years ago with a dual disability—progressive vision and hearing loss due to Usher Syndrome—but continues to enjoy running, hiking and traveling. Amy is an accomplished public speaker on a variety of topics based on her life experiences and also volunteers at animal rescue organizations.

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

[www.amybovaird.com](http://www.amybovaird.com)



## REVIEWS & TESTIMONIALS

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

**- Kimberly Rae, Amazon bestselling Author of the Sick and Tired series, The Stolen seires, the Broken series**

*“These books are not only for those going through the hallway of vision loss, but 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**

*“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 captivatingly expressed through stories of both victory and defeat. Wit and humor are creatively interwoven through her experiences of personal and spiritual fortitude...charismatic through and through!”*

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