



Land surveying in 2012 prior to vision loss

My macular vision loss strategies ~ 2016

At aged 68, it is now more than 3 years since the complete loss of my macular vision in both eyes, giving me the unenviable status of being legally blind. Living with my type of blindness results in constant anguish and burdens those around me.

My best personal practice is to try to pretend to myself that I am not blind.

My purpose in these notes is to summarise positive actions that I have personally taken to cope with my vision loss trauma. Perhaps others may benefit from my experiences.

My wife Gillian exclusively helps me with everything requiring the use of normal macular vision. I am acutely aware of the overwhelming burden placed upon Gillian by me resulting in frequent episodes of mutual “cabin fever”.

One’s sight is the most important of life’s senses, and can only be fully appreciated after the sentence of permanent vision loss.

So what things have I done to help me personally ? The use of an Apple Mac personal computer with it's advanced zooming capability permits me to read very large magnified text, albeit with difficulty, which keeps me in touch with the world. Speech recognition in my Mac allows me to highlight text and have it read back to me. I cannot effectively use a keyboard, but with the use of a single keystroke app, I can navigate the computer screen.

In my former sighted life, reading was my passion. I now heavily rely on the radio and with the assistance of Gillian, we are able to download a variety of podcasts, which are transferred to an iPad and listened to through my Digitech radio speaker. I can do the same with audio books. The best reader of course is simply Gillian herself reading to me. In regard to both my large computer monitor and television screen, I place myself as close as practicable to the screen to improve my blurry vision experience.

In January 2015, Gillian and I travelled to Ottawa, Canada and purchased eSight digital eyewear to try to improve my vision experience. At this time, eSight eyewear only permits me to read an eBook with difficulty from an iPad. I am still trying to extend my use of eSight.

With Gillian's help, I continue to undertake as best as I can, general external property maintenance and we occasionally visit the outside world. Gillian drives, as I am not able to anymore.

With many, many others like myself, my future hope for vision restoration lies with current ongoing human trials in regenerative medicine using stem cell therapies. This is evidenced by the many links below in this Journal Blog article.

Robert and Gillian Prikulis
Christmas Day 2015

