



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

Author, Motivational Speaker. Ghostwriter and World Traveler, faith-based Amy Bovaird will bring energy and enthusiasm to your audience.

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.

In her signature talk, she speaks frankly on overcoming obstacles in vision and hearing loss. As a wife and mother, she faced devastating losses of twins, a miscarriage and her marriage. Bovaird has also weathered the losses of her father and sister to cancer. Through it all, she weaves tales of God's ministering and lessons through the peaks and valleys of her experiences.

Popular Topics

- **Thriving with Vision and Hearing Loss**
- **Dealing with Twin Loss in Pregnancy**
- **Using Faith in Overcoming Obstacles**
- **Vision-impaired Cook & Caregiver**

*For Details See www.AmyBovaird.com

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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TESTIMONIALS

"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 the experiences of personal and spiritual fortitude... charismatic through and through."

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

"Bovaird is dynamic, enthusiastic and in her element!"

—Therese Wheaton,
Leader Dog Chairperson for PA Lions Club 14-F

"Our church family thoroughly enjoyed Amy Bovaird's speaking. Her energetic and joyful style kept all who were at the service totally engaged in her faith testimony."

—Pastor Clyde Davis
Girard Alliance Church