



The following list was compiled by Yisroel Lefkowitz and Rochel Y Bodek as a presentation at the Insight Beyond Eyesight Shabbaton in June 2024.

“10 Silly Things Blind People (or their family/caregivers) Shouldn’t Say to Themselves”

1. **“I’m not blind...”**
 - Sometimes, I avoid calling myself blind and use terms like visually impaired or low vision. But does it really make a difference?
2. **“I know it’s good for me or I should do it, but what will people say or think?”**
 - I often worry about others' opinions, like when considering using a cane. Am I not using it because it won't benefit me or because I'm afraid of what others might think?
3. **“I might get hurt or injured if I do this...”**
 - I sometimes avoid trying new things out of fear of getting hurt. But it's better to risk minor injuries for greater independence. I should wear those “badges of honor or pride” proudly.
4. **“It’s so hard to ask for help—maybe I’ll just manage without asking or just not do or have what I want or need.”**
 - Asking for help can be tough, but avoiding it limits my opportunities and independence.
5. **“I’ll just let others say or do it for me—it’s less complicated or messy.”**
 - Depending on others can hinder my skill development and independence. While accepting occasional help is fine, I should strive to do things myself for a more satisfying and productive life.
6. **“I am incapable or too old to learn technology or Braille.”**
 - I might feel too old or incapable of learning new skills, but trying and persevering can significantly improve my quality of life.
7. **“I’m comfortable with my current skill level and don’t need to have hobbies.”**
 - Engaging in hobbies and developing new skills can lead to productive occupations and future success. It’s worth exploring new activities for my health and well-being.
8. **“I hope I’ll be able to see or see better with research, treatment, therapy, segulos, etc., so I won’t invest as much time or money in learning coping and independence skills.”**
 - While I hold on to hope, investing in coping and independence skills is crucial for living a fulfilling life.
9. **“I think I see it—if you don’t see it, don’t say it.”**
 - Pretending to see something can be misleading and unhelpful. It’s better to be honest about what I can and cannot see.
10. **“But the professional said so...”**
 - Professionals can be helpful, but don’t follow them “blindly”. I should use my common sense and seek advice from visually impaired friends who truly understand my experiences.



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Bonus: "I'm waiting for my service provider, case worker, or counselor to call me..." - Instead of waiting passively, I need to be proactive. By doing my research and being persistent, I can ensure I get the services and support I need.

A good place to start is right here at the Insight Beyond Eyesight Shabbaton!!!

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