

# Caring For Our Community



If you are struggling with any kind of sight disorder, Retina NZ could be your saving grace.

Retina NZ supports those who have just been diagnosed with a sight disorder, plus those that need ongoing support and information to lead a full and happy life.

## Retina NZ

**“Living with the uncertainty of sight loss can be very difficult.”**

The local Kapiti committee are here to support you. Elizabeth East (left) discovered that the only way forward for her after her diagnosis, was to help others. “Coping with the uncertainty was very hard at first,” says Elizabeth. “I thought I just needed reading glasses but the doctor said it was worse than that. I remember thinking to myself, ‘will I lose my sight today, by Christmas, or when?’”



The Kapiti group recently organised a mid-winter lunch for its members. “Isolation is a big thing for some people,” says Elizabeth.

- Coping strategies for the sight impaired:**
- Install sensor lights outside your home.
  - Learn about magnification software.
  - Walk along wheelchair ramps rather than using steps.
  - Explore new options for friends and fun.

**Retina New Zealand Inc.**



FIGHTING BLINDNESS

If you need support, information, or just need someone to talk to, please reach out and phone 04 298 4028 (Kapiti) or 0800 233 833 (Horowhenua and national).



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