

Hi, I'm Ema!

I'm visually impaired and will talk a little bit about my disability.

Now, there are different ways in which the vision can be affected. For example I can't see anything but light. I was born like that, but I think it's difficult to adapt to this disability if it comes later in your life, because there are so many things that you have to learn how to do. It can represent a very big challenge. I think you may need to learn to live again.

So, now it doesn't mean that because I'm blind I can't do anything or can't have a good life.

We have a white cane – this is the symbol of our disability. We used it to move on the streets or on the places we don't know. There are some people that also use the guide dogs, but the white canes are used much more often – they are more accessible.

Another very important aspect of this disability is our alphabet. We have a specific alphabet called the Braille alphabet. We used it especially in the school to help us write and read. And also different technologies have been developed to help the blind. For example – a screen reader for the computers or a voice-over for the phones. All to help us have a normal life.

To conclude, it doesn't mean that being blind is being disabled. No way! No. We can get involved into our communities, we can have jobs. We can have a life! A normal life. But we need the understanding and the respect of the community. And the people need to understand that we are all people and we are all equal.