# Resources and further information to accompany episode 9: “Not Blind Enough?”

Vision Australia estimates that, of the 384,000 people in Australia who are blind or have low vision; approx. 10% are blind whereas a staggering 90% have low vision. So in this episode, Tess and Polly explore the specific experiences, of having low vision. Do people understand that there is a spectrum of vision loss? What are the specific challenges you might face if you have low vision, and how do you navigate the literal and metaphorical obstacles of seeing differently? With the help of our guests we try and find out…

You can catch up or listen again to the podcast [here](https://varadio.podbean.com/e/nothings-off-limits-when-you-dont-feel-blind-enough-ep9/).

If you want to follow up on any of the resources mentioned in the podcast or learn more, we’ve pulled together the following to help you find out more.

### Videos/Webinars and Podcasts

Circle of the Blind Mice’s youtube vlog on how to “explain the different levels of visual impairment to help promote awareness & hopefully shed some light on some misconceptions out there about low vision”: <https://www.youtube.com/watch?v=IP7V6DsGPac>

AZ Family’s news item on ‘Dealing with Low Vision in the Pandemic’: <https://www.youtube.com/watch?v=_Jka9ykRMwo>

Macular Disease Foundation Australia’s webinar on Maximising Vision with Low Vision aids: <https://www.youtube.com/watch?v=xm1rvi6mbDA>

### Apps and Websites

Article on BadEyes.com busting some misconceptions about low vision: <http://www.badeyes.com/myths-about-low-vision/>

### Products

Vision Australia’s Vision Store sells a variety of ID symbol canes: <https://shop.visionaustralia.org/search?keywords=cane>

Vision Australia also sells a badge that can be worn to indicate to others that the wearer has low vision: <https://shop.visionaustralia.org/shop/product/es6005>

To explore more of the podcasts in the Nothing’s Off Limits series please visit [www.visionaustralia.org/nolimits](http://www.visionaustralia.org/nolimits)

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