



PEER PERSPECTIVE

It's OK Not to Be OK, and It's OK to Ask for Help.

Things have been very challenging for me in the last 6-months. I returned home from a “dream vacation” and started having difficulty seeing things. Things like the sky, trees, people, faces, TV - none of it was clear anymore. I couldn’t even recognize my own husband across a room full of people. Of course, as a busy person, I put off looking into it for a while and figured it would correct itself until it didn’t. I finally went in and got checked out and found out that I have glaucoma and cataracts in both eyes. If I didn’t do something, I would be on the verge of becoming blind. WOW! That is something I never thought would happen in my life.

Fast forward to right now. I have had one eye corrected for cataracts, healing properly, and playing the wait-and-see game for scheduling the other eye. The glaucoma (eye pressure) is under control with medications, and things are looking positive.

During this time, I had to depend on others for help with cooking, cleaning, driving, and even basic communication because I was so used to “reading lips” that I couldn’t anymore. I couldn’t mask/lie to myself that things were OK and had to be honest with myself. I became a big fat mess very quickly because I was used to running the entire show and not thinking twice about anything.

I find myself writing this message for several reasons:

- Don’t put off your health check-ups. Yearly checks for basic health, like vision and dental care, are a MUST and can help prevent a life-changing issue.
- This whole process helps me remind myself not to take advantage of the simple things in life. I had a major flashback to being age 9, when I first got glasses, and I could see leaves on the tree for the FIRST TIME EVER. Now I can’t wait to be able to do my art again, have confidence in running the Low Key Creativity group again, drive, and even do the dishes and vacuum with confidence.
- Remind yourself that it is OK to ask for help and let others help you. Humbling yourself is a true relief and knowing that we all have people out there willing to do the smallest things just to help another person.

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We are the evidence; we hold the hope.