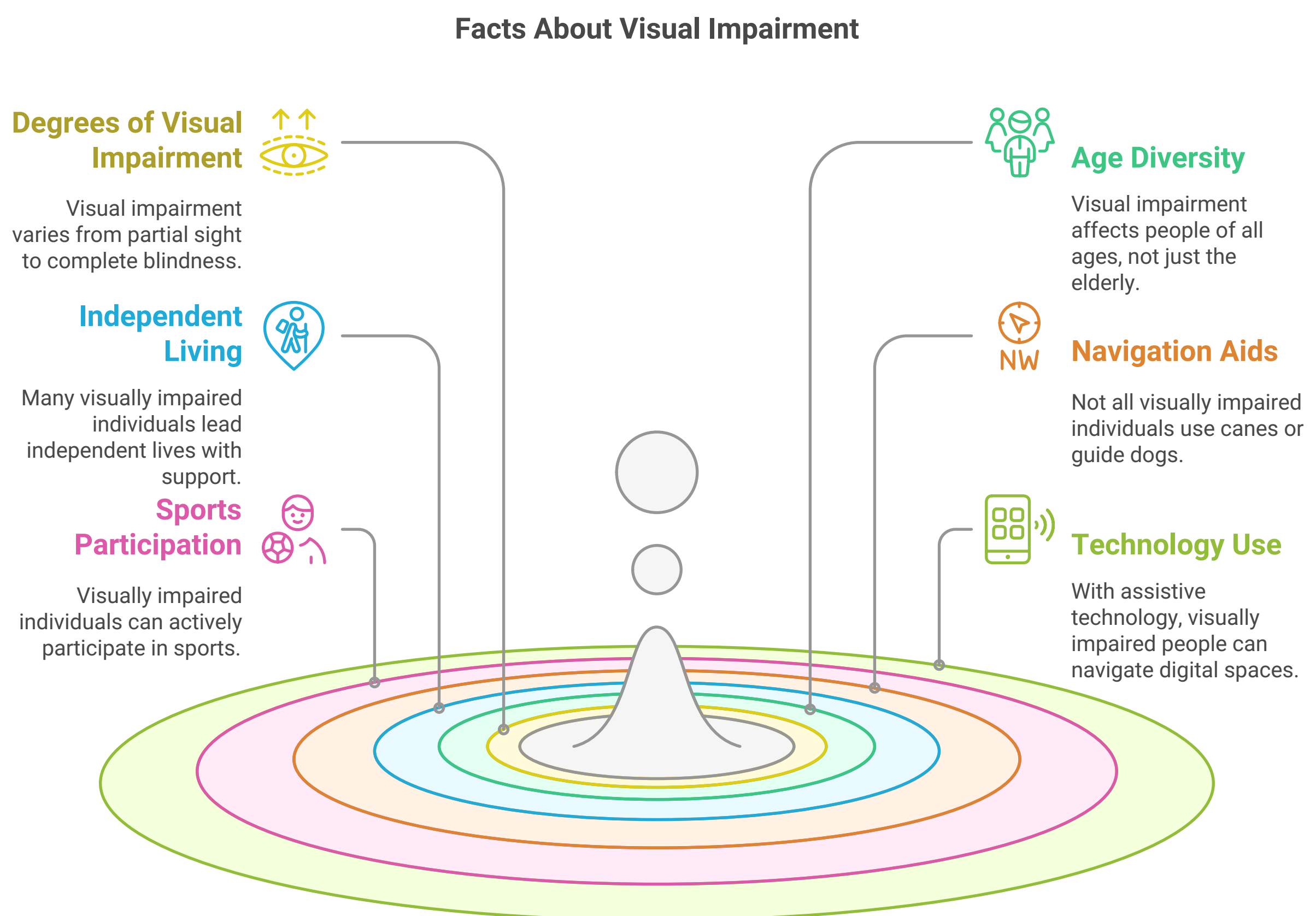


Understanding Visual Impairment : Myths vs. Facts

There are around 4.2 million Americans suffering from varying degrees of visual impairment. While in Canada, 4.5% of Canadians age 15+ display visual Impairment. To promote awareness and inclusivity, here are some myths and facts :



1. Myth: All visually impaired people are completely blind.

Fact: Visual impairment is present in varying degrees. Some individuals may have partial sight, or colour blindness while others may be completely blind. Many people with visual impairments can still perceive light or shapes.

2. Myth: Visual impairment only affects older adults.

Fact: CHMS data shows that 2.6% of Canadian children aged 6-9 have visual disability. Visual impairment can affect individuals of all ages, including children and young adults.

3. Myth: People with visual impairments cannot lead independent lives.

Fact: Many individuals with visual impairments lead independent and fulfilling lives. With the right tools, resources, and support, they can pursue careers, and engage in social activities.

4. Myth: All visually impaired individuals use canes or guide dogs.

Fact: While canes and guide dogs are valuable, not all individuals rely on them. Some may rely on technology, family, training, or other resources to navigate their surroundings.

5. Myth: People with visual impairments cannot participate in sports or physical activities.

Fact: Many visually impaired individuals are active in sports (like blind soccer, goalball, or swimming) and can take part in extracurricular activities.

6. Myth: Visually challenged people cannot rely on technology.

With the right assistive tools resources and tools, they can navigate the digital world just as effectively.

You can help today by SPREADING AWARENESS

Resources

American Foundation For The Blind [n.d.]. *Facts and Figures on Adults with Vision Loss from the National Health Interview Survey (NHIS)*. https://afb.org/research-and-initiatives/statistics/adults-vision-loss-nhis?gad_source=1&gclid=CjwKCAiAk9itBhASEiwA1my_6-PDxCtm38CUgbCnEHPSRXY76jp_QLf4NyeFfrckZb6ctG1xjfnbdh0CHIAQAvD_BwE
CNIB Foundations
<https://www.cnib.ca/en/sight-loss-info/blindness/blindness-myths-and-facts?region=en>
Be Natural! 4 Common Courtesies to Offer People Who Are Blind
<https://www.cnib.ca/en/be-natural-4-common-courtesies-offer-people-who-are-blind?region=en>
The Daily [2020, December 14]. *Canadian Health Measures Survey, 2018-2019*. Stat.can. Retrieved February 1, 2025, from <https://www.perkins.org/disabilitytech-making-the-world-more-accessible-for-everyone/>