



close your eyes

IMAGINE WHAT YOUR LIFE WOULD BE LIKE IF YOU LOST YOUR

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Would you know your surroundings enough to navigate around town? You may have a routine but now there's new construction on your street. They've blocked off your route. A detour is in place. Do you know another route? Is there anyone nearby to ask for help? Are people staring at you? Someone is asking if you need help. What do they look like? Are they being truthful? Sincere? The construction is too loud. You can't make out the environment around you. Are you straining to listen? What's going on? Who's talking? Where are you?

Imagine now you're safe inside for Thanksgiving dinner. You hear your loved ones talking nearby. You stay seated on the couch because it is too crowded. Do you keep your eyes open? Closed? What difference does it make? Maybe you should keep your eyes open so they know you're awake. Maybe someone will come talk to you. Do you feel alone in a crowded room?

People who have lost their sight have different experiences.

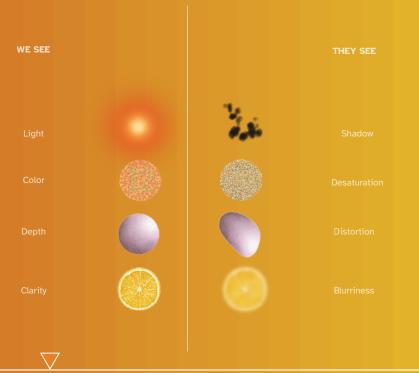
Some describe seeing complete darkness, like being in a cave. Some see sparks or experience vivid visual hallucinations that take form of shapes, colors or flashes of light.

This is referred to as vision disability.

visible light spectrum

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Vision disability refers to the impairments, limitations and restrictions that a person with an eye condition faces in the course of interacting with her or his environment - physical, social or attitudinal.



Vision disability occurs when an eye condition affects the visual system and one or more of its vision functions.



Catarac

Cloudiness in the lens of the eye leading to ncreasingly blurred vision. The risk of developing a cataract increases with age.



Glaucoma

Also known as Angle Glaucoma, it is progressive damage to the optic nerve. Initally loss of vision occurs in the periphery and can progress to severe vision impairment.



Macular Degeneration

Damage to the central part of the retina responsible for detailed vision leads to dark patches, shadows or distortions of the central vision. The risk of developing macular degeneration increases with age.



Diabetic Retinopathy

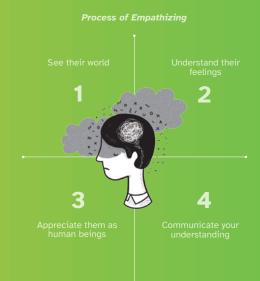
Damage to the blood vessels in the retina which becomes leaky or blocked. Vision loss most commonly occurs due to swelling in the central part of the retina. Abnormal blood vessels can also grow from the retina, which can bleed or cause scarring of the retina and blindness.

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According to doctors, there are affective interventions to address the needs associated with eye conditions and vision impairment.

> But the first step for everyone is EMPATHY.





Given the gift to see, we are able to mindfully center our energy to work with our hands and listen with our ears to speak with intention and to taste with gusto.

I took this for granted until I came across a lady at a store in an aisle of clothes organized by color. Where the green section ended, the blue section began. She held up a shirt of each color and asked me if they were the same. I was taken aback.

As clear as this might have been for me, it was not for her. There are various forms and manifestations of vision disability which we can all connect to from being presribed vision correction devices to being completely blind. Sight is the one human sense that brings to life light, color, depth and clarity.

MY PURPOSE

I want to collectively share a human experience inspired by those who are blind.

Because in a world that the blind can only imagine, it remains a place for us to explore.



Therefore February

Neuroscience has proven that the brains of those who are blind make new connections in the absence of visual information. This results in compensatory and heightened senses of touch, hearing, smell and taste.

Selected experiences below help to heighten these senses.





Understand their feelings & appreciate them as human beings

DOCUMENTATION

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EMPATHY





APPENDIX

Primary font used in document: Atkinson Hyperlegible

For low vision readers, certain letters and numbers can be hard to distinguish from one another. Atkinson Hyperlegible Font was designed to differentiate common misinterpreted letters and numbers using various typology techniques.

Secondary font used in document: Braille

Braille font digitally represented using the Drop Shadow effect to convey raised dots. Actual braille demonstrated in physical submission.

Background Image: Visible Light Spectrum

The visible light spectrum is the section of electromagnetic radiation spectrum that is visible to the human eye. Measured in wavelengths (nanometers), this document began with the highest wavelength (red at 780 nm) to lowest (purple at 400 nm) for users to experience the sequence of light intensity as they approach braille at the end of the document.

Page 2: Anatomy of the Eye

A: Conjunctiva
B: Retina
C: Macula
D: Optic Nerve
E: Cornea
F: Iris
G: Ciliary Body
H: Suspensory Ligaments
I: Lens

Page 6: Empathy Mapping

An empathy map is a simple, easy-to-digest visual that captures knowledge about a user's behaviors and attitudes. The mapping process can help synthesize research observations and reveal deeper insights about a user's needs.

Page 7: Ishihara Color Test Plates

Used to test and measure color perception and screen color deficiences. The Ishihara plates contain a number among dots randomized in size and color. It remains to be the most accurate color perception for red-green color deficiencies.

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RESOURCES

Braille Institute

https://www.brailleinstitute.org/freefont

'Touching the Rock' by John Hull Notes on Blindness, A Biography

'The Importance of Sight' by Molly Blakely
Online Article

Empathy Mapping

https://www.uxbooth.com/articles/

World Health Organization World Report on Vision

Simulator: See Nowhttps://simulator.seenow.org

Simulator: Vision Loss https://versanthealth.com

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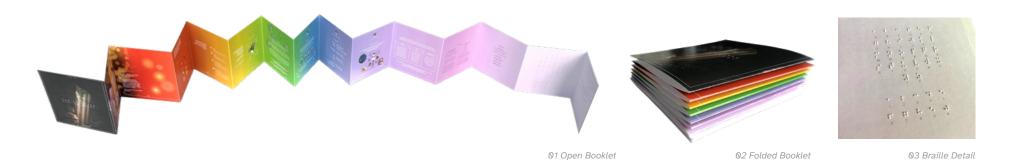
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"And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye."

from 'The Little Prince' by Antoine de Saint-Exupery

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Images of Physical Submission