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The Coping Strategies of Older Adults with Age Related Vision Loss (ARVL) – A Narrative Account

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The Coping Strategies of Older Adults with Age Related Vision Loss (ARVL) – A Narrative Account

My research project focuses on the coping strategies used by older adults with ARVL to support their engagement in meaningful activity. Employing a narrative methodological approach, I aim to capture the stories of five older adults as they share their experiences with ARVL and what coping strategies they use to maintain their involvement in the activities they love. This research project was inspired by my grandmother as she faced ARVL head on. Despite the lack of resources, I watched her quickly adapt to maintain her participation in her favourite activities. She had no medical guidance in doing so, which was odd considering the prevalence of ARVL and the negative effects associated with loss of activity. In the end, I hope that older adults with ARVL find comfort in the shared stories of others in a similar situation and that coping mechanisms are focused on for improved ARVL rehabilitation strategies.



This is a photo of Thelma Stampp, my grandmother and inspiration behind my research project.