

LIVING DIZZY:

THE HIDDEN CHALLENGES OF LIVING WITH A VESTIBULAR DISORDER

1

DAILY LIFE & FUNCTIONING

Shopping & Errands - bright lights, noise, and movement can overwhelm
Navigating Public Spaces - crowds and new environments can cause uncertainty
Events & Social Gatherings - difficulty with attendance due to overstimulation
At Home - sometimes even simple tasks like showering can trigger dizziness
Cognitive Strain - brain fog and fatigue reduce focus and productivity



*"It feels like I'm walking on a trampoline."
- Donna*



2

EMOTIONAL & SOCIAL IMPACT

Loss of Independence - many feel their world becomes smaller
Loneliness - social withdrawal due to unpredictable symptoms
Mental Health Strain - grief, frustration, and ongoing adjustment
Balancing Energy - pacing on "good days" to avoid setbacks

"My world became very small." - Paul B.



3

COMMUNICATION BARRIERS

Difficulty Describing Symptoms - hard to explain sensations like oscillopsia
Misunderstood - symptoms often mistaken for anxiety or even intoxication
Lack of Awareness - even some healthcare providers may not be well-informed



"Sometimes the best I can say is that I feel 'not quite right.'" - Cynthia R.



HOW BALANCE DISORDERS AFFECT DAILY LIFE, INDEPENDENCE, AND EMOTIONAL WELL-BEING