## LIVING DIZZY:

## THE HIDDEN CHALLENGES OF LIVING WITH A VESTIBULAR DISORDER



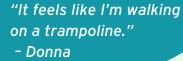
Shopping & Errands - bright lights, noise, and movement can overwhelm

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





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## **EMOTIONAL & SOCIAL IMPACT**

Loss of Independence – many feel their world becomes 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