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# Eyes on the Barriers and Challenges: Visually Impaired Women on Activities of Daily Living

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## Abstract

*It's significant to deliberate the diverse challenges and needs that people with debilities face, and to search ways to progress their quality of life through study. Loss of sight is one of the infirmities that should be considered. The main objective of the study is to find out the constraints faced by visually impaired women, to study the social network system for the survival of visually impaired women, and to identify the coping mechanism to overcome the challenges faced by visually impaired women. The research study has been structural in a descriptive nature. Descriptive research design is a scientific method that involves observing and describing the behavior of a subject without influencing it in any way. This study consists of both Qualitative and Quantitative research designs. The aim of this research design is to deeply study the condition of visually impaired women in family and societal aspects.*

**Keywords: Eyes on the Barriers, Visually Impaired, Coping Mechanism, Social Network, Challenges**

## Introduction

Human development is holistic and complicated, and much of development is dependent on learning through senses such as sight, hearing, touch, taste, and smell (Tshuma et al). People need all these senses to learn the world around them and sustaining a visual impairment may have a substantial impact on various life domains such as work, interpersonal relations, mobility, and social and mental well-being (Gori et al; Stevelink et al). Becoming visually impaired can be a life-changing experience and is likely to have far-reaching consequences for the person affected (Rokach et al). The person acquiring a visual impairment expresses a variety of emotional, cognitive, behavioral, and social responses to this significant loss (Jones et al).

Visual impairments (VI) refer to the loss of vision, even when a person makes use of corrective lenses. Visual impairments are the reduced vision caused by eye diseases, accidents, or eye conditions present from birth (Gogate et al; Teutsch et al). Students in educational institutions experience numerous challenges and problems as a result of visual impairments and these adversely affect their academic performance (Hisae). Visual impairment is categorized into blind and low vision and the loss of vision imposes limitations upon students. Learners with Visual Impairment (LVI) are a heterogeneous group with varied nature of problems and difficulties that require appropriate attention in the implementation of curriculum and instructional systems to perform well academically (Norah et al; Ishtiaq et al).

The academic performance of Visually Impaired Students (VIS) is in a deprived state; they experience problems in not only understanding academic concepts but also in the performance of assignments and in taking exams (Jones et al.). The problems and difficulties experienced by these students call for more teachers in special needs education, who are skilled and proficient in the implementation of their job duties (Alsolami).

The health needs of people are considered to be seriously taken by the Government and NGOs. They are opening health centers and appointing a good number of doctors to cover the total population under health programs. However even today quite several people who live in rural areas lack health services. Moreover, the blinds that represent a section of the society as per Jussawalla do not get educational and health services in the rural areas. The illiterate parents do not give priority to the problems of blindness and continue to believe in the old age statement. Outdated and wrong perception of the parents towards blindness, and eye impairment, does not encourage them to get treatment in due course of time. A large chunk of the blind population that lives in rural areas as Bakre says does not get medical care and attention at the time when a child having eye disease needs it. Delays in diagnosis and treatment lead to several kinds of vision impairment.

Integrated education as per Hamilton Lady is one of these efforts but the machinery working for it needs more expertise and strength of all kinds to cover the overall blind population under the program. Moreover, the developmental programs introduced, do not easily reach the rural masses unless some effective steps are introduced.

Accordingly, the schools which run for blind children are not well equipped with trained and competent teachers/ instructors who could give better education to the blind. A teacher teaching the blind needs more expertise, specialized knowledge, and better techniques to make them educated, as per AdvaniLal teachers working in blind schools lack the books, proper space, and other technical facilities that could be the best source of education. These are not adequately available even in the schools run for normal children. A study finding by Woods confirms that mental sub normality which has been found in

blind children is due to prenatal infection, optic-atrophy arid microphthalmos.

A study undertaken by Philip on the achievement of visually disabled children indicates that beneficiaries of integrated schools were 81 percent and above in academic achievement in general. It shows the ability and academic excellence that visually disabled children are establishing among sighted children. This is all possible because of the favorable academic atmosphere there.

The main effects showed that visually impaired women with high qualitative friend support and high quantitative family support had better adaptation to vision loss. The study findings by Joann P. Reinhard state the complexity of measuring and understanding relationships among social support, well-being, and domain-specific adaptation to chronic impairment. The report given by Priya Varadan attempts to provide basic information on the current scenario concerning employment of disabled people in the Government, Private sector, and self-employment initiatives including the poverty alleviation schemes of the Government. There is hardly any information or research on the employment of disabled people available in the country. None of the strategy papers/ working committees reports on employment address disability employment.

Margaret Coffey studied the most commonly reported barriers to work were negative employer attitudes, the provision of adjustments in the workplace, restricted mobility and having an additional disability/ health condition. Significantly more barriers were reported by women who reported that their confidence had been affected by the barriers they had experienced with dependents under 16 and women who wanted to work. The suggestion to these barriers included training for employers, adaptive equipment, flexibility, better support, training and work experience opportunities and more widely available part-time employment opportunities. After evaluation of the research done by Paula Marciana the technology achieved the proposed objectives, with good overall organization, structure, presentation strategy and coherence, in addition to enabling proper understanding, having a good audio style, and being motivating and interesting. In a study undertaken by Subrina Jesmin the mental health status among

visually impaired athletes might be almost the same level as non-visually impaired athletes and the general population, and have relation to gender, stress of evaluation from surroundings during competition, and social support from family members. It may be necessary to pay attention, especially to women, and improve one's surroundings of competition stressors and family social support to maintain the mental health of visually impaired athletes.

The study findings by (Lilla and Anh) declare that the typical experience of visually impaired mothers is primarily that they are treated as a person with a disability by members of the dominant social group. It is not only the family members but also healthcare employees who express doubts regarding their suitability as parents. And similarly to family members, occasionally, they go so far as to suggest the possibility of abortion. Accordingly, Elena Commodari finds that mothers with visual impairments show a strong desire to be recognized and accepted as women and mothers by their social environment. Adequate social and family support is associated with a better sense of personal self-efficacy and greater confidence in one's skills as a mother.

There is many NGO's functioning all over the World in order to assist and uplift the differently abled. The differently abled in Salem district are assisted by several NGO's. The role of these NGOs is really fruitful. The following are some of the important NGO's in Salem for the differently abled. They are,

- Goodwill Association for the Blind (GWAB)
- Association for the Visually Challenged (AVC)
- Association for the Differently Abled (ADA)

The experiences of the coping process that existed in the course of life from childhood to adulthood of the visually impaired were identified as three main themes such as self-awareness and adaptation process, facing the circumstance process, and positive reinforcement process. These processes were experienced in early childhood including preschool age, school age, and adolescence, which could affect a person's attitude formation to adult stages of life through the perception of their disability, the discomfort experienced, and the process of adapting themselves slowly (Hall and Wilton).

Although women are empowered on one side and other side women may become a burden on society and depend on men for economic support. The word dependency is more frequently associated with the female gender. Visually challenged women are undoubtedly among the most vulnerable at risk of dependency. Social exclusion affects visually impaired women in many ways such as education, employment opportunities and other social participation. They are being depended on for their education, employment, health, psychological aspects and even for everyday activities. The purpose of this study is to reveal difficulties that visually impaired women encounter in their day to day life.

### Methods of Sample Selection

The main objective of the study is to find out the constraints faced by visually impaired women, to study the social network system for the survival of visually impaired women, and to identify the coping mechanism to overcome the challenges faced by visually impaired women. The research study has been structural in a descriptive nature. Descriptive research design is a scientific method that involves observing and describing the behavior of a subject without influencing it in any way. This study consists of both Qualitative and Quantitative research designs. The aim of this research design is to deeply study the condition of visually impaired women in family and societal aspects.

The list of registered associations for the Visually Impaired (AVI) has been collected from the Social Welfare Department, Collectorate in Salem district, Tamilnadu. The name of the organization is Good Will Association for Blind from Salem Taluk and Sudaroli Social Service Trust from Metturtaluk. At the time of data collection, the total registered number of visually impaired women (VIW) in the visually impaired organizations (VIOs) was 82. With the help of the VIOs staff members, the researcher identified 52 VIWs from two visually impaired organizations, who were willing to cooperate with the data collection process. Convenience sampling has been established for this study as it is a highly sensitive topic. Convenience sampling is a statistical technique of drawing condemnatory data by selecting people because of their availability or easy

access. The benefits of this type of sampling are the accessibility and the quickness with which data can be gathered.

Tools and Data Collection for the research has been carried out through the following. Data is collected from fifty-two visually impaired women by using an interview schedule. The information of the interview schedule includes questions related to socio-economic status, the problems faced by the respondents, the social network system for their survival, and the coping mechanism to overcome their problems. The research study has utilized primary and secondary data. The data were collected

from the study area during the month of February 2023 to March 2023. Data has been analyzed through the major statistical techniques for the interpretation of data including simple percentages.

## Results

### Demographic and Socio – Economic Profile

The analysis of visually impaired women's socio-demographic characteristics such as age, education level, occupation, monthly income, marital status, religion, number of children type of family and nature of residence are presented in Table 1.

**Table 1 Socio-Demographic Profile of the Respondents**

Demographic Profile of the VM	Variables	Response (x)	Percentage (%)	Mean ( $\bar{x}$ )	Standard Deviation ( $\sigma$ )
Age	Below 30	10	10	13	4.06
	30 - 40	20	20		
	40 - 50	11	11		
	Above 50	11	11		
Educational qualification	Illiterate	6	10	10.4	5
	Primary	5	9.6		
	Secondary	10	19.2		
	Higher Secondary	12	23.1		
	Graduation	19	36.6		
Occupation/ Present Status	Daily wages	9	17.3	10.4	4.44
	Government job	14	27		
	Private Job	7	13.4		
	Student	5	9.6		
	Unemployed	17	32.7		
Monthly Income	Below 5000	4	13.3	13	3.9
	5000 – 10000	7	23.3		
	10000 – 15000	5	16.7		
	Above 15000	14	46.7		
Marital Status	Unmarried	18	34.7	17.3	
	Married	26	50		
	Widow	8	15.4		
Number of Children	1	13	25	13	7.4
	2	12	23		
	More than 2	3	5.8		
	Nil & Unmarried	6+18	46.2		

Religion	Hindu	24	46.2	17.3	6.25
	Christian	9	17.3		
	Muslim	19	36.5		
Type of Family	Joint family	24	46.2	17.3	6
	Nuclear family	21	40.4		
	Detached from family	7	13.4		
Residence	Own House	26	50	17.3	7.9
	Rented House	19	36.5		
	Charity Home	7	13.5		
<b>Total</b>		<b>52</b>			

Nearly two-fourths (38.4 percent) of the respondents belong to the age group between 30 to 40 years because those generations weren't aware of eye diseases and their impacts. They face more difficulties in accessing the medical facilities and there is not much development in the medical field to cure the visual impairment.

It results that most of the respondents are in-between the age group of 30 to 40 years. Nearly half of the respondents belong to the Hindu religion. Nearly two-fifths (36.6 percent) of the respondents have completed their graduation studies. More than one-fourth (32.7 percent) of the respondents are unemployed and 9.6 percent of the respondents are pursuing their graduation. Nearly three-fourths percent of the respondents are engaged with work and the other 40 percent of the respondents are unemployed and students. Some of them are educated but face difficulties in finding a job, a few are aged people who stay at charity homes and others are housewives or quit their jobs to take care of their children. Most of the respondents have completed their graduation, some of them are pursuing Philosophy and few have completed Doctorate degrees too. More than one-fourth of them are working in government sectors as teachers and professors. One-fourth of the respondents are working in the government sector and nearly half

of them are paid a fair monthly salary. Half of the respondents are living in a joint family and get support from their family. Half of the respondents reside in their own house and nearly two-fifths of the respondents reside in the rented house with their family. The remaining respondents reside at charity homes and they didn't get any support from their family. Half of the respondents are married and live with their partner and others are unmarried and widowed. A person, who has visual impairment by birth or right from their childhood, has a lesser chance of getting married. From the married population of 34 out of 52 respondents, two-fifths of the respondents have one child.

### Challenges Faced by the Visually Impaired Women

The major challenges faced by visually impaired women are presented in table 2. The majorities (90.4 percent) of the respondents are fully affected by visual impairment and their disability percentage is 100. Three-fifths of the respondents have visual impairment by birth itself. Nearly three-fifths of the respondents have a hereditary visual disability and the visual impairment is caused by a genetic problem. More than one-fourth of the respondents are affected by the eye disease of Retinitis Pigmentosa which is a hereditary problem (GBD 2019).

**Table 2 Constraints Faced by the Visually Impaired Women**

Constraints faced by the Visually Impaired Women	Variables	Response (x)	Percentage (%)	Mean ( $\bar{x}$ )	Standard Deviation ( $\sigma$ )
Visual Level	Partially sighted	5	9.6	26	21
	100 %	47	90.4		
Time of disability affect	By Birth	31	59.6	13	10.2
	Childhood	13	25		
	Adolescent	5	9.6		
	Aging	3	5.8		
Causes for Visual impairment	Genetic	30	57.7	10.4	8.6
	Nerve Problem	11	21.2		
	Small Pox	2	3.8		
	High Fever	3	5.8		
	Others	6	11.5		
Having an Abnormal Mannerism	Yes	4	7.7	26	22
	No	48	92.3		
Facing difficulties to find scribe	Yes	27	52	26	1.7
	No	25	48		
Difficult to find a job	Yes	45	86.5	26	19
	No	7	13.5		
Facing Abuses	Verbal abuse	18	34.6	10.4	6.97
	Physical abuse	-	-		
	Sexual abuse	2	3.9		
	Financial abuse	6	11.5		
	Nil	26	50		
Kind of eye disease	Retinitis Pigmentosa	14	26.9	10.4	1.7
	Glaucoma	9	17.3		
	Optic Atrophy	11	21.2		
	Others	6	11.5		
	Not aware	12	23.1		
Additional Disability	Yes	5	9.6	26	21
	No	47	90.4		
Facing mobility issues	Yes	43	82.7	26	17
	No	9	17.3		
<b>Total</b>		<b>52</b>			

The majority of the respondents didn't have any abnormal mannerisms and only 5.8 percent of the respondents had the abnormal mannerism. Generally, there are motor stereotypes that the visually impaired person has abnormal mannerisms including repetitive head/body rocking, thumb

sucking, jumping, swirling, and repetitive hand/finger movements. Most of the respondents belong to the age group of 30 to 40 years. So, they faced a struggle to find a scribe in their study period. In recent days educational institutions themselves arranged the scribes to assist the visually impaired people

and allotted the scribes for some government exams. So, the remaining two-fifths of the respondents said that they didn't face any difficulties in findings the scribe for their exam purpose. The majority of the respondents (86.5 per cent) have stated that they struggled to get employment opportunities. The remaining 13.5 per cent of the respondents stated that the employment opportunities depend upon their skills and educational qualifications and they got employment by reservation, family, and societal support. The majority (73.3 percent) of the respondents are working in safe environments such as teaching professions and other private jobs. Nearly two-fifths of the respondents are facing verbal abuses and 11.5 percent of the respondents have faced financial abuses (GBD 2019). The people who are aged were fewer victims of financial abuse. Some of them faced sexual abuse and none of the respondents faced any physical abuse. The majority of the respondents did not have any other additional disability and only 9.6 percent of the respondents suffered from an additional disability along with the visual impairment. Those additional disabilities are intellectual disability, hearing impairment, and physical disability. The majority (82.7%) of the respondents state that they face mobility and they cannot move out without the assistance of others (Jones et al.).

### **Lived Experience of Visually Impaired Motherhood**

In the study conducted by (Bieber-Schut) with a group of nine women including herself for the study of being a visually challenged mother. Among nine women participants, their marital status includes single parent, common law, to marry, and divorce. The level of visual loss ranges from totally blind, visual loss for each woman was of varying degrees such as no light perception, light perception only, legal blindness, or low vision. It was said in the study that "Breastfeeding" in particular is seen to be one of the most frustrating and hopeless obstacles for most of the mother participants in the group. It seems to be a major visual component in the breastfeeding process. As said it is one thing to not know what to do, it is another to not be able to see and not know what to do. There is enormous stress among lactating

mothers if an infant refuses to latch on. Participants felt only the supportive knowledge of a breastfeeding consultant after they came back home from the hospital led them to decide that if they had a second child they would probably ensure breastfeeding support before the baby was born. Due to this, many of the women ended up bottle-feeding their babies due to a lack of support and frustration. In her own experience, Ruth led herself to confusion when she did not inform people about her legal blindness. Once she opted to reveal the legal blindness in the hospital she noticed aid in easing tension and avoiding misunderstanding. Among all, three participants experienced the same in hospital. One woman, who was partially sighted, did not inform the hospital staff, and once she said Mother was not allowed to hold her firstborn child unless the husband was there. The second experienced mother who had night blindness and could see well during the day was accused of being lazy during the wee hours when she asked for assistance with her baby. The third woman whose vision had deteriorated since her first baby was born was given inadequate help from the running staff after the birth of her second baby. Their experience seemed to sum up it all as "some medical professionals were helpful and some were not... just like anywhere else". When it comes to Asking for help. If any case their friends and relatives are not readily available, sources of support come highly recommended by various group members such as local churches, community associations, community health services, postpartum support groups, neighborhood co-operative associations, parenting groups, or their own groups like the one they have formed for research through a local rehabilitation center. It was said that most of the services were free of service and were supported by volunteers. There were options for paid services like a full-time nanny, a daycare, or a qualified babysitter who came to the home once each week. When asked about their favorite and least favorite aspects of mothering most of the participants conveyed that watching the child grow, hearing the child first say "Momma", watching the child sleep, and listening to their child's cheerful chatter in the morning. On the negative aspects, one woman who could see relatively well during the day but suffered from night blindness expressed her

frustration as her preschool daughter sneaks into watching television in the evening when she thinks that her daughter is asleep, and another woman who was blind explained her daughter ran away from her when she hurt herself which is both frustrating and worrisome for her.

### Barriers to Employment being a Visually Impaired Woman

A similar study was carried out in the North West region of England which tries to explore various barriers to employment for visually impaired women. The United Kingdom has experienced an economic recession in the past due to which there has been a mass cut in the welfare benefits for those who were unable to work. Employment in British culture is a combination of social status and membership within the community and people believe that they attain “Full citizenship” by being employed. According to the data from the Royal National Institute, almost two million people are living with sight loss in the United Kingdom and almost two third of those people who have lost sight are Women. It is further estimated that 60 percent of the disabled women within the eligible workforce were unemployed. In other cases, visually impaired women in the workforce - one-third will not retain their work for more than a year and the income earned will be below the national average of the United Kingdom. Labor force survey says the idiom “Work limited workforce” defines an individual who is with a long-term health problem or those with a disability that may have the potential to access paid work under certain conditions that promote inclusion through innovative training and employment schemes. It is also said that even when jobs are plentiful, disabled workers struggle to find work. It is also found in the

study reports that loneliness, frustration, isolation, and reluctance to ask for assistance are the key barriers to social interaction including the working environment. The chance of employment is less when they have one disadvantage which is sufficient enough to reduce their employment. The United Nations describes “Intersectional discrimination” as a particular experience unified in one person or group”. A UN recently studied the situation of women with disabilities and found that “in the case of women with one or more forms of discrimination combine to create specific types of discrimination not experienced by women without disabilities or men with disabilities”. When they entered the workforce, the respondents in the survey reported that they were facing difficulties in technological advancement. One of the women who worked in the call center said that it took her 10 minutes to get information and revert back while the caller hung up. Access to information in the office such as notice boards, policies and procedures, and pay slips was not accessible to visually impaired women. Visually impaired women with the help of voice activation could operate a PC that reads for them if they made a typo or spelling error. With regard to the “Restricted mobility” women who have lost their sight after adulthood never felt an issue when compared to women who lost from their birth.

### Social Network System

Table 3 explain how the visually impaired women use the social network system (family support, financial supporter, accompany for mobility, support for child rearing etc.) and need to study the different features of social network systems that enable them in their daily routine.

**Table 3 Social Network Systems and Visually Impaired Women**

Social Network System	Variables	Response (x)	Percentage (%)	Mean ( $\bar{x}$ )	Standard Deviation ( $\sigma$ )
Having Family Support	Yes	39	75	26	13
	No	13	25		
Accompany for Mobility	Parents	19	36.6	10.4	2.8
	Spouse	13	25		
	Siblings	6	11.5		
	Children	5	9.6		
	Others	9	17.3		



Financial Supporter	Parents	8	15.3	8.7	8.9
	Spouse	4	7.7		
	Siblings	1	2		
	Children	2	3.8		
	Others	7	13.5		
	Independent	30	57.7		
Member in any association	Yes	14	26.9	26	12
	No	38	73.1		
Working in safe Environment	Yes	22	73.3	26	7
	No	8	26.7		
Having disabled sibling	Yes	35	67.3	26	9
	No	17	32.7		
Marrying a disabled Man	Yes	27	52	17.3	8.2
	No	7	13.4		
	Unmarried	18	34.6		
Disabled child	Yes	4	7.8	17.3	9.5
	No	24	46.1		
	No child & Unmarried	6+18	46.1		
Supporter for child rearing	Parent	15	28.8	10.4	7.4
	Spouse	7	13.5		
	Siblings	4	7.7		
	Others	2	3.8		
	No child & Unmarried	6+18	46.2		
<b>Total</b>	<b>52</b>				

There are three fourth of the respondents stated that they getting moral and financial support from their family. Mostly they are living in a joint family system. More than three-fifths of the respondents are revealed that their family members put efforts into making them independent and providing moral and financial support. There are only 22 respondents out of 52 who are financially dependent upon their family members and others. Nearly two fifth (36.4 per cent) of the respondent's parents are providing financial support for them. The other respondents are getting financial support from their spouses, siblings, friends, children charity homes and social service trusts. The NGOs play a significant role in the welfare of visually impaired people and creating awareness among the public about the visual disability (Jose and Sachdeva). Recognizing the Rights of the visually challenged to be obtained

from the Government. They are assisting the visually challenged school and college students. More than half of the respondent's children were taken care of by the respondent's parents; one fourth the respondent's children were taken cared by their husbands and others by their siblings.

### Coping Mechanism

The Coping Mechanism of Visually Impaired Women evolving through the thinking about the disability is curse, kind of school, learned braille, acquired skills, aware about scholarship, beneficiary of scholarship, extra skills, mode of education, rendering treatment having mobile phone, aware about the assistive technologies, chance to get vision and family effort to make them independent are presented in table 4.

**Table 4 Coping Mechanism of Visually Impaired Women**

Coping Mechanism	Variables	Response (x)	Percentage (%)	Mean ( $\bar{x}$ )	Standard Deviation ( $\sigma$ )
Think about the disability is curse	Yes	8	15.4	26	18
	No	44	84.6		
Kind of school	Normal	26	56.6	26	3
	Special	20	43.4		
Learned Braille	Yes	33	63.5	26	7
	No	19	36.5		
Acquired skills	Braille	11	21.2	17.3	13.5
	Mobility	5	9.6		
	Daily living skill	36	69.2		
Aware about scholarship	Yes	38	73.1	26	12
	No	14	26.9		
Beneficiary of scholarship	Yes	32	61.5	26	6
	No	20	38.5		
Extra skills	Computer	16	30.8	10.4	4.3
	Music	6	11.5		
	Wire basket or candle making	15	28.9		
	Other	6	11.5		
	Nil	9	17.3		
Rendering treatment	Yes	18	34.6	26	8
	No	34	65.4		
Having Mobile Phone	Yes	38	73.1	26	8
	No	14	26.9		
Aware about the assistive technologies	Yes	41	78.8	26	26
	No	11	21.2		
Chance to get vision	Yes	3	5.8	26	23
	No	49	94.2		
Family effort to make them independent	Yes	33	63.5	26	7
	No	19	36.5		
<b>Total</b>		<b>52</b>			

Acceptance is considered the most common coping strategy. The majority of the respondents did not thoughts that their disability was a curse. They have to increase their confidence level and enhance positive thinking. More than half of the respondents have studied in nearby schools because they got fewer chances to access special schools. The remaining nearly half of the respondents did their school education in special schools. There are more than three fifth of the respondents have knowledge about the Braille materials and the remaining two fifth (36.5 per cent) of the respondents didn't have

any knowledge about Braille materials. Most (69.2 per cent) of the respondents are having only the daily living skills, they can did some day to day activities without the help of others Only few respondents have mobility skill and learned the Braille. Nearly three fourth of the respondents are aware about the scholarship for the differently abled people. There are only three fifth of the respondents being a beneficiary of scholarships. They were mostly getting OAP for old age people monthly Rs.1000 and for visually impaired monthly Rs.1500. The fewer are beneficiary by the Health foundation for

their education purpose. The respondents do have extra skills like computer knowledge, playing music instruments, type writing and other handicrafts. More than three fifth (65.4 per cent) of the respondents do not render any treatment for cure their visual impairment and the remaining are interest to rendering treatment and few are the success cases. The majority (73.1 per cent) of the respondents are not being a member in an association. More than one fourth of the remaining respondents have a membership in association, social service trust and other Non-Governmental Organization. Nearly three fourth of the respondents own mobile phones and it is one of the most significant assistive tool for them. Nearly four fifth of the respondents are aware about the assistive technologies. More than three fourth (65.2 per cent) of the respondents pursued their education through the mode of Audio classes and other assistive devices.

### **Discussion and Conclusion**

From the above findings, we can conclude that the differently abled people are gradually improving from their current positions. On the other hand, the above-mentioned challenges are faced by the differently abled on a day-to-day basis. Only the government cannot do justice to light in the life of the differently abled. Everyone considers the differently abled as a part of society to secure the differently abled several coping strategies have to be taken care of. Differently are seen everywhere in the world on all across the continents. We couldn't consider them from society as an unnecessary group of people. Every ordinary and differently-abled person has equal rights and shall be made accessible irrespective of their disability. The government implemented several laws to ensure the safety and security of the differently abled. In the sense of differently abled the law of the differently abled 1995 Act plays an important role. According to the Public Welfare Department Act of 1995, a medical certificate must be provided to persons with above 40% of the disability. According to the Act of 2005, the nation should provide opportunities for a normal life to people who are suffering from disability. Opportunities shall be given to their education in various means of life special education, inclusive

education and non-formal education. Medical treatment must be given instantly after identifying the disability. The National Trust Act of 1999 ensures the independent life of differently abled women.

Sustaining a visual impairment may have a substantial impact on various life domains such as work, interpersonal relations, mobility and social and mental well-being. Provide instructional strategies to help students who are Blind or Visually Impaired. Assist the student in finding note-takers or readers as necessary. Contact the Office of Services for Individuals with Disabilities to assist in arranging tests in alternate formats. Education makes the person a gentleman. It prepares everyone to acquire the best possible qualities to perceive and think in the way it needs to be perceived. Priority shall be provided focusing on the students because they are the future of our nations. Visually disabled children deserve more attention and parental care, therefore, the role of the parents and society is more important in dealing with their future in the way it brings independence in their lives. Creating awareness among the public about visual impairment is a major task. Recognizing the Rights of the visually challenged to be obtained from the. Recognizing the Rights of the visually challenged to be obtained from the Government. Assistance shall be provided for the visually challenged school and College students. Seeking employment opportunities for the visually challenged from both Government and private sectors to fulfill their economic needs. In the modern development of society, the people mostly depend upon the technology.

This study came with various solutions from the respondents of visually impaired women as below. When it comes to the workforce, visually impaired women prefer Part-time jobs as they get time to get the work done which helps them for financial independence. If it is full-time work, visually impaired women prefer workstations near their home or children's educational institutions as they reach out to children in case of transportation. They raised the age concern as blind women from birth or who were over 50 years old were out of labor marketing because they hadn't worked before leading to a triple disadvantage in the workforce.

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