

[music playing]

[Narelle] Hi.

Welcome to another episode
of The Digital Access Show.

Look, I just want to add
a reminder at the start.

Look, if you really do like
what we do, please like,

subscribe, review.

Share it with everyone.

Last week's episode by...

Craig Shanahan, The Blind Chef,

is one in point.

People don't realise
that blind people do cook.

He went to the
extreme of being a chef.

But you know,
we all have to eat.

It's just one of those
things with people, isn't it?

We all have to eat to survive.

So, this week's guest is someone
I met many, many years ago,

and she actually reminded
me that I can cook,

and just because I've
gotta change the way I cook,

use different tools,
including digital technology,

doesn't mean I won't cook.

So, I'd like to introduce
you to Vickie Anderson,

from Vickie Anderson Associates.

Thank you so much
Vickie for coming on.

[Vickie] Absolutely,
Narelle, I'm excited.

[Narelle] I don't know.

I remember you being quite
blunt with me, saying rubbish,

you can cook.

And so, now I'm still cooking.

For those that aren't aware, I
have a severe vision impairment.

And when I did meet
Vickie, she was...

the orientation mobility
trainer that I had.

-[Narelle] Many, many years ago.

-[Vickie] Yeah.

[Narelle] And that was one of
my fears, cause I love cooking.

And just a bit of...

pull your socks up
girl, and get on with it,

along with the tools are there,

that you can cook
means I still cook.

I still make the birthday
cakes for my sons.

They're all adults now. I still
make the Christmas cakes.

I still cook the meals, even at...

I, like everyone,
occasionally stuff up.

I did a big, major stuff
up on the weekend,

and I'm not eating it.

Anyone else can, but I'm not.

I don't like sweet food.

So, Vickie, what I wanted
to discuss with you is,

as I said, you gave me that
get your act into gear, girl.

You can cook.

How do blind people cook?

People with a severe
vision impairment?

[Vickie] Yeah. Well, I
mean, there's so, so much,

and I think the
best starting place...

would be to talk
about organisation,

because that goes across
the board and everything.

It's not just our pantry,

it's not where we put our pans,

it's not how we pick out
our knives and our utensils,

and the food,
and the refrigerator.

It goes to labelling and
knowing your stove top,

to labelling and knowing
all of your devices,

Organisation for the kitchen is
one of the most important things

to cut out anxiety,

to cut out frustration.

And all those two things alone,

I think are why

people stop cooking,

because the anxiety,

and the frustration can

become so overwhelming,

and really taking away...

that power, or you feel like

it's taking away that power,

because it's winning, the

anxiety and the frustration.

[Narelle] And I think it's

also other people's fears,

Fears that you're
going to get cut,

you're going to get hurt,
you're going to burn yourself.

All of those things,
and they're, I think,

added to the anxiety
and frustration,

why a lot of people don't cook.

[Vickie] Yeah, 100, 100 percent.

So, yeah.

There's so, so many
facets of cooking,

and so many different things.

And it's not a
one size fits all.

Anyone who is learning,

learning to cook
from the beginning,

or learning to cook
again without vision,

which you know, you've
been there yourself, Narelle,

it's not one size fits all.

It's listening to
everybody around you,

having therapists that come
in with a toolbox full of ideas,

and finding that right
one that fits that individual.

That's one of the worst
things that I think can happen,

is going and saying, "Well,
this is how you need to do it."

Well, that doesn't
work for everybody.

And so, having that
flexibility to pivot,

and to think about
something else,

or take that and another idea,

and merge them
together to make your own,

just knowing that one size
does not fit all in anything.

[Narelle] And that's it.

So, if we start at the start,

I remember when I
started losing my sight,

and I still had some sight.

Everyone said, "You're
going to cut yourself."

I said, Well, I've
still gotta cook.

Well, how do you
deal with sharp knives?

[Vickie] Yeah. Yeah. Yeah.

And that, it's such a,

it's the number one conversation
that I have with people,

When I go into the kitchen, it's
one of the first things I ask,

let me see your knives.

Because people think that
dull knives are the way to go,

when actual research
and studies show

that there are more
accidents with dull knives,

because of the pressure
that is being pushed down.

Accidents are going to happen,

regardless of sight or no sight,

you are going to cut

yourself from time to time,

but there are more accidents

that happen with a dull knife,

due to the...

the amount of pressure that is

going down on to cut through.

So, you should always

have nice, sharp knives

that you put less pressure

when you're pushing down.

And then just other strategies,

which could be anything.

It could be a cutting glove,

that you wear on one hand.

Some people love cutting gloves.

And again, it takes

away that anxiety.

It takes away that fear.

They might not

ever cut themselves,

but they've got

that cutting glove

on the one hand that is at risk.

And they cut perfectly fine,

and I have seen it

actually in front of my eyes,

totally blind people when they
are cutting without a glove,

how they cut,

and when they put the glove on,

how different they are,
how much faster they cut.

Like it is insane,
just one little addition.

There's also cutting guards
that go on your fingers.

There's techniques
that chefs use,

where they just
keep their fingertips...

folded back,

and it's their knuckles that
actually hold everything down.

There are so many different
strategies, even a fork,

stabbing a fork into the potato
and using that as your guide,

so then your fingers
aren't even near the knife.

Again, it's about finding that
strategy that works for you,

and what is going
to make you feel nice,

safe and comfortable
in your own kitchen.

[Narelle] Okay, so how do
people recognise the knives?

If you've got sight, you can
look at a knife, and say, yeah,

that's the knife I want to use.

But the moment
you take away sight,

how do people recognise
the different knives?

[Vickie] Yeah, well, we've
got a few different strategies.

So, if the person still
has a little bit of vision,

and if they can see colour,

you can actually purchase

knives of different colours.

So, you know that the red knife...

is more of kind of a
steak cutting knife.

It's got that serrated edge.

Might be good for, I don't know,

cutting through like a
beetroot or something like that.

Or you've got the
purple handled knife,

which is the bigger, fatter,

just more of a robust cutting
up vegetables type of knife.

So, you could do that.

That's one suggestion.

There's all kinds of different...

textured things, but

I like to go simple.

A rubber band,

just wrapping a rubber

band on to one that you love,

and maybe a smaller rubber band,

or two rubber bands on

the second choice one.

But there's also things

like the PenFriend,

you know, some

digital technology,

using your words there, Narelle.

[Narelle] Yeah.

[Vickie] So digital

technology there, PenFriends.

Those little bitty

circle labels,

they go through the

washing machine really well,

the washing machine,

the dishwasher.

I mean, that would

make some good clothes.

-[Narelle] It'd be interesting.

-[Vickie] Yeah.

[Vickie] But they are fantastic.

And the PenFriend is probably
the best suited for the kitchen,

because it's also transferable.

Not only your knives, but
the expiration date on the milk,

and the cheese
and the pantry food,

and you've got all your spices
labelled with your PenFriend.

It's kind of your one-stop
shop in the kitchen,

just having it
hooked in the kitchen,

and around your neck
when you're actually cooking.

[Narelle] I gotta admit,
I flogged the PenFriend.

I've already worn
one out for exactly that,

because I use a lot of spices.

So for me, the
ability to just hold it,

and say, "Okay, I
know I need cumin."

And there's no way I can
keep it in alphabetical order,

with the amount
of spices I've got.

So, it's easy just to
use the PenFriend

and it's like a bar code reader,

is probably the easiest
way to describe it.

-[Vickie] Yes.

-[Narelle] And so I can find...

You know, I've got two or
three different types of flour,

I've got spices, couple
of different types of sugar.

I mean, and particularly,
sugar versus salt,

They're a very
similar, grain texture,

that, you know,
you can't stuff up.

What about the stove?

Gas? Electric?

[Vickie] Yeah. Yeah. The stove,

and they keep getting trickier
with these flat surfaces.

It's good because
they've got so many pluses,

and minuses with
these flat surfaces.

So, the first thing is learning
where the burners are.

So regardless of
whether it's flat, it's gas,

it's got the actual

raised ring burners,

or not,

learning where they are.

So, if it's flat,

visually, there are

usually little bitty markers.

They're teeny, teeny, tiny.

[Narelle] Yeah.

[Vickie] Without vision,

what we've got is

something called a pan pickle.

Have you heard of a

pan pickle, Narelle?

[Narelle] No. Tell me.

[Vickie] They're
the funniest thing.

I think they should be
called a pan banana,

because they look like a banana.

It's the shape of a banana.

And you get two of them,

and you actually put
them down on the stove,

on an induction
stove, they're silicon,

and they just sit there,
and they are your barrier.

They are your, like, outline
of where the pan goes.

It also keeps the
pan from moving.

So, you literally put these
two pan pickles down,

either front to
back or left to right.

You get your pan set
down and it locks it in.

And even when you mix something,
the pan goes right back.

You find where
your pan pickles are,

and so you always know
your orientation of where...

the actual burner is.

[Narelle] Oh, my gosh. So,
I've just got a new cook top.

This is interesting.

And it's a flat cook top,
but it's got knobs.

[Vickie] Yes, yes,
great. Well, that's good.

I love that because most of
them don't have knobs anymore.

The other thing is
actually puffy paint works.

Before I found pan pickles,

puffy paint actually

works really well

to show the outline of where...

So, what I would do is just,
almost like the pan pickle idea.

I would make lines
around the four sides,

just outside of the burner,

because the great,

this is one of the pluses
of these flat surfaces is,

outside of that burner
actually doesn't get hot.

It is weird, but it doesn't.

And so, you could just

take that puffy paint

and put it just outside
of where the burners are.

And when the pan slides around,

it actually kind of
catches on that puffy paint,

and you know to move it back.

[Narelle] Yeah.

[Vickie] So, that's always
been a really good tool

that's easy as well,

[Narelle] Yeah.

[Narelle] The knobs themselves
are easy if you've got knobs,

but the moment
you go into touch...

buttons,

a person with vision impairment
has all types of issues.

[Vickie] Yes, yeah, yeah.

So, I have been able to
teach people how to use them,

but that goes down to memory.

It goes down to,
well, first of all,

marking where that knob
is, again, with puffy paint,

so that flat knob that doesn't

even exist and you don't see it,

a little bit of puffy paint to
show where you put your finger.

And most of them are
just turning in a circle,

like you move your
finger in a circle,

to actually turn the
temperature up or down.

And so, knowing
where to put your finger,

to hold it there, they
generally all have a beep.

And then listening for the
very slowly turning your finger,

to go, beep, beep, beep,

to hear that beep as it
turns up and turns down.

It is trickier,
definitely trickier.

And my advice to everyone is
even if you get a flat surface,

exactly like your new one,

to try and get ones
that have a dial on it,

because then we can just put,

you know, like a bump
dot to show medium heat,

or medium high, whatever it
is that you needed to know.

Usually it's 12

o'clock and six o'clock,

if we think about a clock face.

But sometimes

it's a little bit off,

and you might want to know,

like medium high, and

that's more like 7:30.

[Narelle] Yeah.

[Vickie] So, putting a

bump dot in an area like that

to line the dial up with.

[Narelle] Yeah. Okay. The oven.

A lot of ovens today
are touch screen as well.

I'm lucky. I've got a new oven
as well, and it's got knobs,

but I had to go and look for it.

But an oven,
there's another issue,

because an oven, in some ways,
is very, it's very safe to use,

for a person with
vision impairment.

[Vickie] Yeah, definitely,
definitely. Yeah.

I love to hear you say that,

because there are so many people

who are afraid of using the oven,

simply because of that

reaching in and reaching out.

It's, you know?

I, first of all,

love oven gloves,

and I will tell you,

I have tested...

all of them that are

out on the market,

and there's only one that

I recommend to everyone,

and I'm telling you guys all

of this information for free.

Weber barbecue gloves.

[Narelle] Really?

I'll just turn the sound off.

Weber barbecue gloves,
I've never heard of them.

[Vickie] They are
fantastic, Narelle.

Like, I'm not kidding you.

I've tested every
single glove out,

and I have not found one that
is as amazing as this one yet,

or even close.

Like, that's it, not even close.

[Narelle] Awesome.

[Vickie] The reasons why?

So, it comes up to
just over the wrist.

So, when we're reaching
in and out of the oven,

that fleshy bit above the wrist
is what tends to get burned.

So, these pull up
just above that zone.

They've got two different sizes.
It's not one size fits all.

There's a small medium,

and then a medium large.

So, the small medium,
I have tiny little hands.

I'm four foot nine, you
know, I don't have big hands.

They are a little
bit big on my hands,

but they generally
fit most females.

And then the medium
large are good for most men.

They...

they hold a lot of heat.

So, a lot of people
that I work with,

we actually do, we don't
use utensils anymore.

We use those gloves.

So, when we're cooking a steak,

we don't flip the steak
with a spatula or an egg flip.

We use our hands, because we can
find it better with our hand,

and we flip it with
our oven gloves on.

We have that dexterity
of the five fingers that,

you know, you're actually grab...

The other thing that
I love about them is,

they have silicon in the palm.

So,

as we're reaching into the oven,

we're never grabbing
anything all the way.

You know, that fear
doesn't go away,

so that silicon helps
to alleviate any slipping.

It helps make that grasp just
that little bit more secure.

So, Weber barbecue gloves,

by far the best oven
glove I have found yet.

About \$80 at a Weber shop.

[Narelle] Awesome.

How does a blind
person read a recipe?

[Vickie] Lots of ways,
yeah, there's so many ways.

[Narelle] Yeah.

[Vickie] We can use
any digital technology.

I was just reading,

I was just reading a
recipe the other day with...

a clear reader.

Or, yeah, a clear reader.

Not my favourite choice
of device, but it worked!

And we got through it.

We were able to
stop, start, stop, start,

as we were reading
the recipe, so here's...

step one, stop.

Here's step two, stop.

[Narelle] Yeah.

[Vickie] That is pretty helpful
and that's a really good way.

Be my AI, seeing AI,

all of those type of things now,

especially because they've
added in the question bits.

You know, like,
so with Be My AI,

you can actually,
you can read step one,

and it says, add the
flour and the milk.

Well, crap.

I forgot how much flour and
milk there's supposed to be.

So, you ask it.

How much flour was in this?

How much milk was in it?

It tells you so you don't have
to go all the way back to the top

of the recipe,

Go back down and read step one.

[Narelle] For people
that aren't aware,

these are actually
digital technology tools.

The Be My Eyes, the Be the AI.

It is all digital
technology tools

that we carry with us
everywhere on our mobile phones

[Vickie] Yeah, and
completely free.

-[Narelle] Yeah. Exactly.

-[Vickie] Completely free.

[Vickie] I've been blown
away with Be My AI recently.

That's actually
probably right now,

it'll change soon,
but my favourite tool.

[Narelle] Yep.

[Vickie] It is the
most accurate.

It reads the most accurate.

It also answers
questions really well.

So I'm finding that tool to be...

far better than devices
that are thousands of dollars,

and it is free on your phone,

carrying it with you
everywhere you go.

[Narelle] Awesome. So,
how do people shop then?

I mean, you go into a shop,

and you've got, say,
four or five types of salt,

for example, or flour.

How does a person with a
severe vision impairment,

dyslexia, any of those
vision processing issues,

work out what
ingredients they need?

What food they wanna buy?

[Vickie] Well, definitely,
again, that organisation.

Being prepared, knowing exactly
what you want when you go in.

And again, here is where
one size doesn't fit all.

I have people that
I work with who...

really want to
do it on their own.

And so we've actually...

practised using different
apps, again, on the phone,

to find the aisle
first that we want,

and then use different
programs that read instantly,

as you're walking
down the aisle,

till you find the area
that you're looking for.

Then turning and facing that
area that you're looking for,

and taking a picture.

And so,

there are apps that describe
everything that they see,

And they're so...

They're made for
people with a vision loss.

So, the explanation that
they give is really good.

So on the left,
you'll see the salts.

In the middle,
you'll see the pepper.

Like it actually describes
where everything is,

So, finding your area,

and then start pulling
things out and looking at it.

So, that's for some people.

That's for some people
who have the time.

They want to be able to, because
it's time consuming to do that.

That is not easy.
It's also fatiguing.

So if you have
just finished work,

and you need to
go get three items,

and you don't want to
mess around with all that,

honestly,

just find the information desk.

Find an information desk.

Have your three
items in your head,

so you know exactly
what you want.

And ask for assistance,
have them take you to the aisle,

but then you're still
there to help pick it out.

You're still there
to use your apps,

to say, Yep, this is
exactly the one that I want.

I've heard lots of horror stories
of people going shopping,

even with support workers,
people who know them really well,

and because they
didn't double-check...

the item that was
put into the cart,

they got something
they didn't want,

and it might have
been almost the same.

And so, the support

worker thought,

Oh, I'll save them money
by getting them this brand,

and this type of chip,

when it's actually not
one that they wanted,

and they didn't
want it for a reason.

So, I always recommend
double-check what's being put in,

just so that you know yourself

that it is exactly
what you want.

You don't get home and open
it up and go, wait a minute.

That is not the corn
chip that I wanted.

And then you look at it,
and it's CC's, it's not Doritos.

And they've got
a different flavour.

[Narelle] That's it.

And to be honest,

being a person with vision
impairment with these tools,

we actually can
read where it's made,

the ingredients, all the other
information much more easily,

than a normal person,

because we've
got the tools to do it.

And people forget that.

[Vickie] Yes, yeah, 100 percent.

Again, all of those free apps
that we were just talking about,

they read those things so well.

[Narelle] Exactly.

[Vickie] You know, and even
if you didn't want them to read,

didn't want the app to read it,

hand it to the person helping
you and have them read it.

And actually talk, that you're
still a part of that shop.

Don't be a passive shopper.

You know, be a part
of the experience.

Make sure that you are there
actually getting what you need,

instead of just passing
over a list to someone else,

and letting them get
what they think you need.

[Narelle] Yeah, that applies
to everything in food shopping.

One of the games I do with
one of my sons, who is a chef,

is I find the weird
ingredients every Christmas,

and I'll give him a bag
with five weird ingredients.

And I do that,

when I'm really tired, I
do get someone to help me,

and she thinks it's great fun,
it's a weird ingredient time.

But when I can do it myself,
I have so much fun doing it,

because I will find...

just weird stuff.

[Vickie] Like what?

Tell me. Give me an example.

[Vickie] Can't remember what
I did last time, I know it was...

I did start off
with a base of roti.

Then I added some Mexican.

-[Vickie] Okay.

-[Narelle] Or whatever it was.

[Narelle] I had some artichokes
with the different parts.

It was weird.

And I had a bowl,
and I said to him,

What will you make?

He said, I've already

eaten that. That was good.

I did that, that.

I'm going to do da, da, da,

And it's for him, because

he thinks it's great fun,

because then that's

creative for him.

It's creative for me.

Just cause I don't have

sight means I don't do that.

I still do it.

What about measuring?

[Vickie] Yes, yeah, yeah.

[Narelle] That's probably the

only thing we haven't covered,

measuring.

[Vickie] So again,

lots of choices.

So...

It took me a very, very long
time to find Braille resources,

for measuring,

but probably about
four years ago,

I found the only company in
the world, that I have found,

that does Braille

measuring cups and spoons.

So, even now

for Braille readers,

I actually have a set

sitting here on my desk,

because my last set,

I need to reorder a whole bunch,

are just getting sent out to...

a totally blind client

who's a Braille reader.

They are magnificent, so,

and completely dishwasher safe.

Yes, like, amazing.

So, we've got

Braille now covered.

We've also got,

you can just label,

if you have, you know,

the regular, normal,

boring, no one can read

those things anyway.

That's what I find funny.

I've got some in my kitchen where

I literally cannot read them.

Don't even know why I have them,

because it makes me so angry.

[Narelle] Yep.

[Vickie] But even for people

who do have a bit of vision,

just getting a label er.

Just getting a labeller,

and white tape with

big, bold, black writing,

and writing the

measurement on it.

Again, those labels are

pretty good in the dishwasher.

They do come off over time,

but they're pretty darn good.

And then you might

be missing one of them

but then you start to

learn, that's the quarter cup,

because that was on the label.

But we've got large
print measuring cups.

There are so many.

There's black with
bright green print on them.

There's white with black print,
and there's even blue print.

Some of them have the...

the actual measurement
in the bottom of the cup,

like the size of the cup.

So it's big, and then
on the handle as well.

So, there are so,
so, so many options.

If you've got vision,

if you prefer talking,

and now Braille even as well.

So...

yeah, lots of options

out there for measuring.

[Narelle] That's it. I mean,

I flog the talking scales.

I use it for everything.

And I joined that

with the Thermomix,

because I use Be My

Eyes and the Seeing AI

to read the Thermomix
screen to me.

[Vickie] Great.

And I use the
Thermomix nearly daily.

And then I use
the talking scales,

sometimes I struggle
with Thermomix scales,

but the talking scales,

I use it, so if it's
150 grams of flour,

there it is.

Wack her in, done.

And there's talking jugs, and
there's talking thermometers.

-I love my talking thermometer.

-[Vickie] Yes, yes.

[Narelle] The tools are
there for us to cook.

[Narelle] So Vickie,
with all that in mind,

what is two or three
pieces of advice,

or takeaways that you could
provide to anyone listening,

in regard to cooking?

I think, probably,

the first thing would be to...

make a workspace

every time you're cooking.

So, the way that I do it

with everybody that I work with,

is I have a tray.

So like a cafeteria tray,

that old school cafeteria

tray, they're 10 bucks.

Put a non-slip mat underneath,

and we do

everything in that tray,

all of our mixing, all

of our cutting, everything.

And then we also organise

everything around,

so that is our home base.

All of our utensils

that we need,

the bowls that we need,

all the cheese and the onions,

and the whatever our supplies,

are organised around that space.

The reason I do this is, A,

as I just said,

it keeps us organised.

It keeps us there in a spot.

But B, it catches

all of our mess.

So mess is a huge anxiety...

invoking thing.

Oh no, I spilled sugar.

I've spilled the flour,

I've spilled the milk.

It's all stuff you can't see,

but you can feel it,

and it's everywhere.

This tray catches it all.

It catches it all,

and when you're done cooking,

you pick up the tray

and you take that to the sink.

You have a feel

around the bench then.

But I'd say 95

percent of the time,

everything is in the tray,

So, it relieves that anxiety.

I've had clients now

have started putting a tray,

so they've got one that

they do all of their cooking in.

They've got one, that's

where their coffee station is.

Coffee is one

of the biggest spillers.

We, yeah, it's so frustrating.

The sugar, and then
if you use instant coffee

and even just
pouring the milk in.

We've got that tray, so
everything happens on the tray.

And again, you just pick that up
and you take that to the sink.

It is my number one thing to...

my number one bit of knowledge
to impart onto clients.

And...

[Narelle] Number two?

[Vickie] Let's see,

number two. Number two.

Actually a totally random one,

a palm peeler,

A palm peeler.

Have you seen a palm peel?

[Narelle] No.

[Vickie] They are fantastic.

So, there's a very specific one.

I've tried a few of them.

There are some that are square,

and they don't really

fit in your hand too well.

So what it is, imagine...

you're sliding a ring
on your middle finger,

so it's got a ring that
slides down,

and then a peeler that
literally sits in your palm.

[Narelle] Nice.

[Vickie] You, we all have
that basic skill of clapping,

bringing our hands together.

So it takes away...

the distance from a handle

to the end of the peeler,

where sometimes
you lose yourself.

You don't know exactly
where that's going.

You get your fingertips.

Sometimes you might
even overshoot and go...

over on your wrist and go down.

So, you lose yourself
when you've got a handle.

The palm peeler,

literally, you put whatever
it is that you're peeling

in the other hand,

and you downward pressure,

and it just goes so easily.

I've been, it's now

part of my kitchen as well.

Like I am that big of

a believer in the palm peeler.

And another trick with peeling,

if you're ever unsure of whether

you've peeled something or not,

the trick is to

run it under water.

So, feel the whole thing.

Then run it under

water and have a feel.

You will feel every peel.

So when you don't
run it under water,

you might not actually
feel that peel's roughness,

but as soon as you
put it under water,

take it out and feel around it,

you can find every single little
spot that hasn't been peeled.

I'm like you, I think
leave the peels on.

That's where
all the good stuff is.

[Narelle] It is.

[Vickie] It's the most
important, leave it there.

-[Vickie] But yeah.

-[Narelle] Yep.

[Narelle] The third takeaway
from what we've discussed is...

blind people do cook.

Everyone can cook. It's just...

two things, it's your mindset.

[Vickie] Yep.

[Narelle] And it's working
out what works best for you.

Not anyone else.

[Vickie] Yes,

100 percent. 100 percent.

Yeah, thanks for sharing

Narelle, that, you know,

that you went through those

struggles yourself, because--

[Narelle] I did.

[Vickie] It does take

confidence to state that.

So, you know, and for other

people to know that, it's great.

[Narelle] Look, I've had, I've

had three cooking disasters.

Three days ago, I actually

put lentils in my porridge,

thinking it was something else,
lentils and porridge don't work.

And then two days before that,

I got a new bag of
icing sugar and I spilt it,

from the cupboard
all the way across the kitchen.

When you've got a vision
impairment, let me tell you.

Cleaning up icing sugar
is not a good idea.

[Vickie] That's not great.
Yeah, that's a tough one.

[Narelle] We worked it out.

Vickie, thank you.

How can people keep
in contact with you, Vickie?

To find out more about this?

It could be something
out of left field for them.

And they might think
you have a solution for them,

even if they're not blind.

[Vickie] Yep, yep.

I'm a firm believer that there's
a solution for everything.

I won't say the one thing that
I didn't find a solution for,

but there's only been
one thing in 25 years.

So, if anybody
wanted to ask questions,

there's two different ways.

Within Australia,

it's just giving
my mobile, a phone call,

on 0414687638.

[Narelle] Yeah.

[Vickie] If you prefer email,

and if you're
outside of Australia,

email would be the best.

That's

admin@vickieanderson.com.au.

So, admin@vickie,

anderson.com.au.

[Narelle] Vickie, thanks.

Thank you for being on the show,

and thanks for everything you've
done for me over the last,

gosh, 18 years.

Cause there's been a few times
you've pulled me out of strife.

Hey, look, you weren't there
to clean up the icing sugar.

I'll forgive you for that one.

[Vickie] Yes!

[Narelle] Thank you.

And again if you do like
what we're doing on the podcast,

which is talking about
digital accessibility,

communication, accessibility,

and yes, cooking does
involve digital accessibility.

Not to a huge extent
but we still need it.

Like, share, subscribe, review.

And we'll see you next
week on The Digital Access Show.

Have a good night.

[music playing]