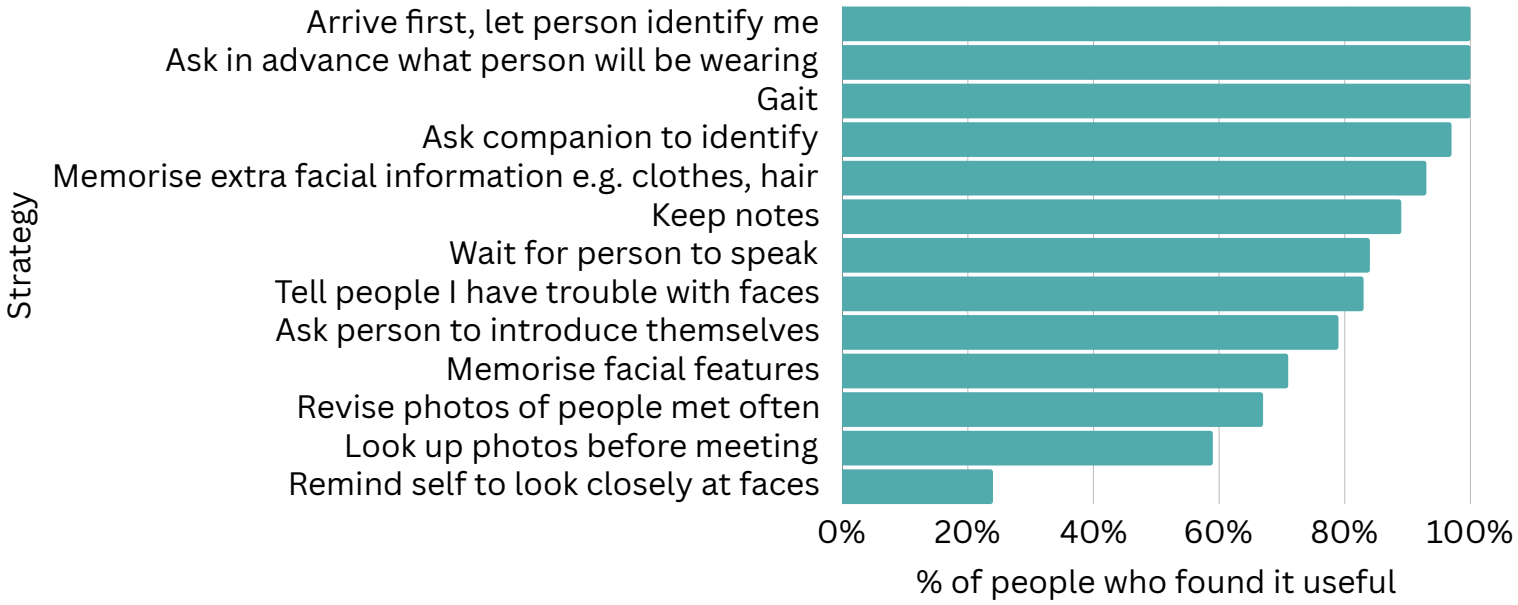
Living with face blindness:
Tips and tricks from other prosopagnosics

UNIVERSITY of STIRLING

Which strategies did study participants find most useful?



Information about prosopagnosia that was recommended by face blind people

"Faceblind UK has lots of interesting information"

"I like the little badge that I got from Faceblind UK - it's something subtle that I wear on my lanyard and sometimes people ask."

Faceblind UK [www.faceblind.org.uk]

NHS [www.nhs.uk/conditions/face-blindness/]

"The NHS page was also useful as an overview, but the information is very basic"

"The Facebook groups can be helpful but mostly for support, not information".

"Reading other peoples' situations that I recognise so well. It has been quite liberating. Until a few years ago, I didn't know there was such a thing as Prosopagnosia! I always thought that it was "my own fault" somehow. I would definitely recommend these kind of groups."

Books and Media

"I enjoy listening to the podcasts on face blindness because they provide real life experiences from regular people who are experiencing the same thing as me. I read academic articles and controlled news or university websites on the topic".

"I realised I had face blindness after I read the young adult novel "Holding Up the Universe" by Jennifer Niven. I recommend it as it opened my eyes to face blindness and on reflection, I find it valuable to see someone like me in a book".

"Faceblind UK have a marvellous book about what it's like living with prosopagnosia, with quotes from prosopagnosics. I lent it to several people at work to help them understand".

"What's it Like to be Faceblind?" [Available from www.faceblind.org.uk]

"If it's come on suddenly or a child is involved, seek investigations from your GP to rule out anything serious".

Research groups

Continued

"I would advise others to seek out and engage with university researchers"

"Joining the research project was also very helpful and interesting"

What did study participants recommend as a first source of advice and information to a parent of a child or family member of someone with prosopagnosia?

- "Nancy Mindick's book Understanding Facial Recognition Difficulties in Children."
- "BBC news article on face blindness and podcasts by academics based on scientific evidence."
- "Faceblind UK, and I possibly would recommend an official diagnosis for someone young, as this may help with coping strategies."

Other advice from face blind people to fellow prosopagnosics

"Don't regard it a source of embarrassment, just treat it as something that makes you different, but not worse. And be honest with people if you don't recognise them, say you are bad at recognising, which is what I say to people."

For further information or to express interest in taking part in future research please contact:
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- Jud wrote a news article for The Conversation about experiences of living with face blindness that some people have said was useful to share with friends and family: www.theconversation.com/even-mild-face-blindness-can-cause-serious-difficulties-in-daily-life-new-study
- The full research paper on which this fact sheet is based can be freely accessed here: https://doi.org/10.1371/journal.pone.0322469 Lowes., et al (2025). PLOS ONE, 20(4), e0322469.
- Further factsheets in this series are available free of charge from https://faceresearch.stir.ac.uk/prosopagnosia/

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