

Adapting to Age-Related Macular Degeneration



If you have vision loss from macular degeneration, you can continue many of the activities you do now. Vision aids and coping methods can help you complete tasks that need detailed vision and manage living with macular degeneration. Keep checking your vision and call your healthcare provider if you notice any changes.

Use vision aids

Vision aids can help you continue to read, take care of yourself, and enjoy the world around you. Here are some types of vision aids:

- Magnifiers and closed-circuit television devices for reading text
- Audio recording and playback choices on smart phones, computers, and tablets
- Check-writing guides and large print checks
- Large-faced watches and large-button phones
- Books with large type and books on tape
- Talking clocks and other talking devices



Coping methods

- Use adaptive methods and devices, such as vision aids.
- Understand the stage of your disease. Don't be afraid to ask your healthcare provider questions.
- Reach out to a special therapist. They can teach you things, such as orientation and mobility methods.
- Join a support group. Your healthcare provider can provide resources for local groups in your area.

What you can do

Try the following to reduce your risk of further vision loss:

- Don't smoke.
- Have regular eye exams.
- See your healthcare provider right away if your symptoms get worse or you have new vision problems.
- Eat healthy foods, especially green leafy vegetables and fish.
- Take vitamins with the AREDS2 formula. This includes lutein and zeaxanthin.
- Control your blood pressure and cholesterol levels.
- Control your weight.
- Exercise regularly.

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