

If your loved one is living with Wet Age-Related Macular Degeneration (Wet AMD), there are many simple things that you can do to help improve his or her daily life – from assisting with the complications of aging, to creating a more low-vision friendly living environment, to reminding your loved one to focus on eye health.



Find Resilience^{1,2}

You may be a cheerleader, advocate, secretary, and supporter all in one. It's important to balance your roles, remain positive, and stay resilient for your loved one.



Celebrate the Victories

Take time to appreciate the victories. Try to support your loved one through the highs and lows, and keep the journey in perspective.



Simplify Everyday Tasks³

Simple tasks can become difficult due to vision loss from Wet AMD. Help your loved one by tackling these obstacles one step at a time rather than trying to solve them all at once. As a first step, consider reorganizing the home of your loved one or switching up the lighting.



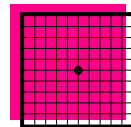
Ease Acceptance¹

You or your loved one may feel overwhelmed or fearful when faced with a diagnosis of Wet AMD. Encourage your loved one to adapt to the new reality, and tune in to what the doctor says to approach the disease as a team.



Always Listen^{3,4}

Don't assume your help is always required. Listen to your loved one's needs, and be open in your conversations.



Monitor⁵

Using simple resources such as the Amsler Grid to monitor your loved one's Wet AMD can be essential to eye care between appointments.

This resource is for informational purposes only and is not meant to replace a physician's medical advice.

References:

1. Vision loss and blindness. Family Caregiver Alliance Web site. <http://bit.ly/1nlTM7Z>. Accessed November 17, 2017.
2. 10 ways to deal with caregiver stress. AARP Web site. <http://bit.ly/2ipy9t6>. Accessed November 17, 2017.
3. Help for first-time caregivers. AARP Web site. <http://bit.ly/2zLYb3v>. Accessed November 17, 2017.
4. Reactions to vision loss: is someone you love experiencing vision loss? American Foundation for the Blind, VisionAware Web site. <http://bit.ly/2zMnylA>. Accessed November 17, 2017.
5. Symptoms of age-related macular degeneration (AMD) and how it is diagnosed. American Foundation for the Blind, VisionAware Web site. <http://bit.ly/2fB5nGI>. Accessed November 17, 2017.
6. Facts about age-related macular degeneration. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/1dBK8yC>. Accessed November 17, 2017.

Caring for Yourself

Caring for a loved one may lead you to take on more than you feel you can manage, leaving you stressed or feeling burned out.² To help manage your stress levels, check out these tips for a few simple ideas to help you be your own caregiver while supporting a loved one with Wet Age-Related Macular Degeneration (Wet AMD).



Ask for Help^{3,4}

Know your limits, and don't be afraid to bring others into the process. If you're feeling stretched thin, ask other family members, friends, and healthcare providers for help when you need it.



Join a Support Group¹

Talking to other caregivers can be one of the best ways to understand your challenges and find support.



Take Control of Your Health²

Remember to stay active, eat nutritious foods, and get the proper amount of sleep.



Make Time for You⁴

While ensuring your loved one is properly cared for, make sure you are keeping a balance and making time to do the things you love to do.



Get Help from Elsewhere

Check out the Rides In Sight* program, which provides information about transportation options to eye doctor appointments in local communities nationwide.



Make Time to Check Your Own Eye Health⁶

A family history of Wet AMD increases your risk of developing this disease. If your loved one with Wet AMD is a relative of yours, it's important that you also schedule regular eye exams for yourself.

*Rides In Sight is not affiliated or related to Regeneron. Regeneron does not influence or control the operations of Rides In Sight and cannot guarantee assistance will be provided. Rides In Sight is not an emergency service. If you have an emergency, call 9-1-1.

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References:

1. Vision loss and blindness. Family Caregiver Alliance Web site. <http://bit.ly/1nlTM7Z>. Accessed November 17, 2017.
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6. Facts about age-related macular degeneration. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/1dBK8yC>. Accessed November 17, 2017.