

Emotional impact of sight loss

Support throughout central vision loss

The biggest cause of sight loss in this country is macular disease. Coping with your emotions after being diagnosed can be difficult.

No one need face macular degeneration alone.
For information and support call 0300 3030 111.

More than 600,000 people in the UK have a macular condition. The most common is age-related macular degeneration (AMD).

Many areas of life are affected by macular disease such as reading, writing, watching TV, driving and recognising faces. This can, understandably, have a huge impact on the way people think and feel about themselves. The changes to everyday life can be difficult to accept.

One of the first experiences many people have is a feeling

of isolation. Shock, fear, anger and disbelief are also common emotions. This can be followed by low self-esteem or depression. In extreme cases people can even experience suicidal thoughts.

Some commonly expressed worries

“I don’t want to be a burden to my family and friends”

Senior family members, who are more used to giving help and advice, can suddenly find themselves needing support. They sometimes struggle to come to terms with this.

“People will think I’m stupid”

Poor vision can affect even simple tasks. People can become more accident-prone and may worry about how this is seen by others.

“I feel a fraud”

While macular disease can cause serious sight loss, to other people the person affected looks completely normal.

The impact of central vision loss is often not fully understood. This is partly because peripheral vision is not affected and people with macular disease

may still be able to see things from the corner of their eye. However, being described as ‘blind’ can make some people feel very uncomfortable.

Family and friends of a person with macular disease can also be affected by significant changes in emotions.

Many people appreciate being able to talk about their feelings in a safe and confidential way to someone outside their family or circle of friends.

The Macular Society has a range of free services to help you share your

feelings and, where appropriate, explore ways of coping with the changes to your life.

Helpline

Our specialist staff listen, offer support and provide information and advice about all aspects of central vision loss. Calls are confidential.

**Call 0300 3030 111
Monday – Friday
9am – 5pm**

**help@
macularsociety.org**

The helpline can also tell you about our other services:

Counselling – It's natural to feel upset or angry when you're told you have a macular condition. Many people find it helps to talk, in confidence, to a professional counsellor.

Support Groups – We have a network of almost 300 local groups.

Befriending – Having a macular condition can leave you feeling isolated especially if it's hard to get out and about. Your dedicated befriender will call regularly for

a friendly, social chat about anything you like including, but not always, macular disease.

Advocacy – We offer help to those struggling to access treatments.

Skills for Seeing – Our training programme can help you make best use of remaining sight.

Treatment buddy – Chat to people who've had treatment by injection for support and advice.

Join us

If you would like to receive regular updates about treatments, living with macular conditions and medical research to find a cure, then membership is for you.

To join today call

01264 350 551

**info@
macularsociety.org**

and help us campaign for better care and fund research to find a cure.

**www.macular
society.org**

Macular conditions cause more than half of all blindness in Britain. We urgently need to find a cure and you can help today. We are the only UK charity dedicated to funding research into macular disease.

To help us find a cure and support people with macular conditions text VIEW30 followed by £3, £5 or £10 to 70070.

To donate more than £10 please visit www.macularsociety.org

There is no additional fee for your text. JustTextGiving will not give your telephone number to the Macular Society. Please ask the bill payer for permission before texting.


Macular Society

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