

MEET OTHER PEOPLE LIVING WITH MACULAR DISEASE



Connecting with other people who are going through similar health experiences can improve how you manage your own condition.

The free support services offered through Macular Disease Foundation Australia (MDFA) bring together people living with macular disease so they know they are not alone. They are intended to complement, not replace, care from your eye health professional or formal counselling.

Eye Connect

Peer Support Groups

MDFA runs peer support groups for people with a lived experience of age-related macular disease (AMD). Groups meet face-to-face and online, and cover discussion topics like:

- Understanding your AMD
- Eating well with AMD
- Navigating life with AMD

There are many benefits to joining a peer support group. Some of these include:

- Feeling less alone and better understood
- Sharing experiences and improving self esteem
- Keeping abreast of current medical research, treatment, and support services
- Developing new friendships

"The people in this program all have the same problem. We're able to talk about how things are going for us and also share helpful tips that might help each other. It's valuable just being able to talk freely with people in the same situation."

– Current Eye Connect member

Mac Mates

Peer to Peer Phone Support

Mac Mates is a one-to-one phone-based service giving you the opportunity to speak to and share experiences with one of our trained volunteers.

Our Mac Mates volunteers have been living with macular disease themselves, or have a close friend or family member with macular disease.

Mac Mates is not a counselling service but it can provide you with the opportunity to share your experiences with someone who understands what you might be going through.



Did you know?

You can set-up your own Eye Connect group with Macular Disease Foundation Australia's help! We can help find a facilitator, meeting venue, as well as offer practical advice for starting a group – including protocols and policies. We supply welcome kits for new attendees and assist with marketing the group. MDFA can also help link your group to local eye health professionals and guest speakers.



To learn more or to get involved in one of our peer support programs, call our National Helpline:



National Helpline

1800 111 709

You can learn more about macular disease at **www.mdfoundation.com.au**.

You can also access our free, personalised support services and order information kits and Amsler grids by calling our National Helpline on **1800 111 709**.

MDFA has a free newsletter and you can sign up to receive the latest information services, advocacy and research related to macular disease. Macular Disease Foundation Australia is committed to reducing the impact of macular disease, by providing up-to-date information, advice and support.



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