

## Improving Coping among Older Adults with Macular Degeneration

### Case for Action:

Age-related Macular Degeneration (AMD) is the leading cause of irreversible blindness and severe vision loss among older adults. The down-hill course of AMD is well-described, and many adults with AMD feel anxious or depressed about long-term care or future residential needs. About a third of older adults with AMD develop depression and many report serious decrements in quality of life.

### Description:

This NIA supported research project compares two psycho-educational approaches to coping with macular degeneration. One involves preventive problem solving and planning training, the other provides supportive life review conversations and health information. The purpose of the study is to determine which preventive intervention can enhance function and well-being in patients with AMD.

### Partners/Funding:

- URM/Department of Psychiatry
- Association for the Blind and Visually Impaired-Goodwill

### Outcomes:

- We hope to recruit 400 people who will be randomly assigned to one of the two conditions.
- The interventions are expected significantly improve future planning, problem-solving, and/or psychological well-being in the AMD patients.

### For more information contact:

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