Ann’s Story

“I tell everybody I meet about the low vision therapy program at RehabWorks and about Lucy. I cook, I read, I paint—I do things now that I thought would be impossible.”

That same day, the folks at RehabWorks got my referral from Dr. Anz and made my first appointment. Lucy Lows was my therapist. She got me started. A small, sweet, and patient person. She didn’t get flustered when I got upset. She never rushed me. We repeated things again and again until I felt comfortable doing something. It was a process and she was there during those sessions. My Medicare and AARP insurance paid for all these appointments. I didn’t even know I could paint! All those things I thought were too much for me may be the first indication of macular degeneration, particularly if you are older than 50. Only an eye exam, where your eye is dilated, will reveal macular degeneration.

Without proper care, you can lose the progression of the disease. It is important to maintain a healthy diet, including attending regular eye exams and precautions such as face masks and sunglasses. Additional treatment options are available for those with advanced macular degeneration.

Your ophthalmologist is your best resource for helping you decide what to do in regards to your macular degeneration. EAMC has provided a tremendous resource to our state by establishing RehabWorks and placing them as our therapists. As Mrs. Boggs shares, “If you are experiencing changes in your central vision or your ability to see details and fine visual detail are impacted, talk to your physician. These changes may be the first indication of macular degeneration, particularly if you are older than 50. Only an eye exam, where your eye is dilated, will reveal macular degeneration.”

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